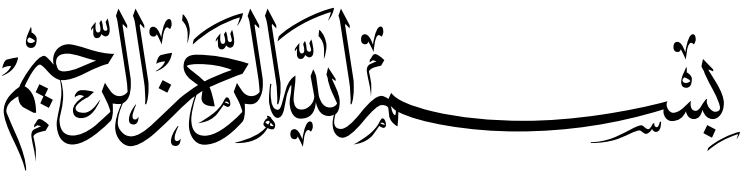


Volume XII

LIFE SKILLS

Compiled By:
S. Jahanzaib Abidi



اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَ آلِ مُحَمَّدٍ وعَجِّلْ فَرَجَهُم

Dedication

To the Light that guides us through the darkest of times,

To the Imam of the Time, Hazrat Baqiyatullah, the Savior of Mankind, the Sign of God,

In humble devotion, I dedicate the Twelveth volume of "Life Skills."

To my parents, the foundation of my existence,

S. Sirkar Abidi (Late) and Rifat Abidi (May Allah preserve her),

Your love and wisdom have been my guiding stars.

To the mentors who have illuminated my path,

Ayatollah Syed Hussain Murtaza Naqvi and his family, and

H.I.W.M. S. Ghulam Abbas Rizvi (Hussain Agha),

Your teachings have shaped my understanding of life's intricate tapestry.

To my beloved wife, S. Mehwish Zehra, and my young son,

S. Mohammed Hussain Mehdi, one of the future's starts,

Your unwavering support fuels my journey.

To my entire family, a source of endless strength and love,

Brothers H.I. Shoaib Abidi, Adeel Abidi, Mustafa Abidi,

Sisters Asra and Farheen, and my dear in-laws, mother, and sisters,

You are the roots of my being, holding me firm through life's storms.

To my friends and well-wishers, who have walked beside me,

Your camaraderie and encouragement have been my blessings.

This dedication is a small offering of my gratitude and affection for each of you. You have been the constellations in my personal sky, guiding me through life's journey. Your love, wisdom, and support are woven into the pages of "Life Skills," and I am forever indebted for the role you've played in shaping this work.

With heartfelt gratitude and unwavering love,

S. Jahanzaib Abidi

Dated: 4th July 2024

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Preface

Dear Readers,

Salam un Alaikum,

We are delighted to present the Twelveth volume of "Life Skills," a unique collection that draws inspiration from a multitude of sources, each offering its own distinct perspective on the art of living a fulfilling life. In this installment, we continue our journey of exploration and self-improvement, weaving together insights from Quora Digest, Tips for Success, Noctis Enoch, the wisdom of Chat GPT, and the profound teachings of the Infallible Imams of Shia Islam.

In our ever-evolving world, the pursuit of a meaningful and well-balanced life is a quest that transcends borders, cultures, and beliefs. We are excited to delve into the intersections of wisdom that emerge from diverse sources and bridge the gaps between contemporary guidance and ancient spiritual traditions.

The digital age has ushered in a new era of knowledge-sharing and connectivity, making wisdom accessible to all. The internet's myriad platforms, like Quora and Tips for Success, offer a wealth of practical insights and knowledge, often sourced from experiences of

individuals who have ventured on their own life journeys. We embrace this collective wisdom as a testament to the power of human connection and our shared desire for personal growth.

Noctis Enoch, a name synonymous with the enigmatic and the profound, offers a unique perspective on the mysteries of life and existence. We delve into these insights, allowing readers to ponder the deeper questions and seek meaning in the mysteries that surround us.

The involvement of Chat GPT, the state-of-the-art AI language model, showcases the fusion of technology and human consciousness. Chat GPT's contributions add a modern, technology-driven dimension to our exploration of life skills, making this volume a testament to the evolving nature of knowledge and self-improvement.

Embedded within the pages of this volume, you will find a rich tapestry of teachings from the Infallible Imams of Shia Islam. These profound spiritual insights have guided countless lives, offering lessons on faith, morality, and personal development. We approach these teachings with reverence and the understanding that they form a cornerstone of the spiritual and moral compass for many.

As we embark on this journey, we encourage you, our readers, to approach these diverse sources of wisdom with an open heart and a curious mind. In the digital age, wisdom knows no boundaries, and its pursuit transcends

the confines of culture or belief. Our aim is to draw upon the collective wealth of knowledge and insights, offering you a comprehensive guide to navigate the complexities of life and to foster your own personal growth.

One last thing I want to clarify is that 90% of the articles in this book are copy-pasted from various online studies. And about 10% of articles are extracted from Chat GPT. If a Muslim or a religious person has any objections. then it is advised for them that if they see the words of other religions, they should counter-check them with the Islamic text before objecting. And where the text does not create any connection with Quranic Ayats & hadiths has deleted. The words of the Bible, Torah, Psalms or scholars of other religions that are not related to the Qur'an and Hadith have been deleted and only subjects or other permissible matters that are similar to the text or concepts of the Qur'an and Hadith have been presented. However, if there are any errors, please inform them so that they can be corrected in the next edition.

We thank you for joining us in this quest for a more fulfilling and purposeful existence, and we hope that the pages within this volume will inspire you to explore, reflect, and apply these life skills in your daily life.

With warm regards,

Abidi

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Which 10 things we should never do?

1. Never do negative self-talk
2. Never blame someone when something goes wrong
3. Never lend money to your relatives
4. Never spend money to show off
5. Never let anyone abuse you neither physically nor emotionally
6. Never skip calling your parents every day
7. Never hesitate to help unfortunate people if you can
8. Never ask anyone to have a smoke with you if they are not smoker
9. Never ask a married couple when they are going to have a baby
10. Never mock anyone based on their family background. That's petty.

Which 10 things we should never do?

1. Never think too far ahead; deal with problems as they arise.
2. Don’t be a people-pleaser.
3. Never dwell on emotions from the past. It's gone. It's done. Never be a prisoner of your past. It was just a lesson, not a life sentence.
4. Never quit, never give in. Remain consistently and persistently stubborn.

5. Never bleat, whine or complain; take it on the chin and move on.
6. Stop making excuses. Nobody gives a damn about your excuses. Results are the only thing that matter.
7. Stop looking for constant attention, approval and admiration. Stop obsessing over what other people think of you.
8. Never play the victim, play the warrior.
9. Never become obsessed with the lives of other people; focus 100% on yourself and the goals in front of you.
10. Quit exposing your mind to trash. Every thought, emotion, behavior and habit that doesn't serve you has to go.

What steps do I need to take to get back on my feet?

Don't lose hope. Search your mind for what you really want to do and even if it seems impossible- take that larger goal and break it down into medium goals and then take them and make them into daily attainable goals. I was in a corner at the same age and felt trapped in a relationship that was not healthy for me. I worked three part time jobs and resumed college- for me my goal required it and I wanted to be independent. The average person changes career paths over 5 times- it's ridiculous to expect 18 year olds to know what they want to do the rest of their lives or just to do what their parents

tell them to value as a life. I mean I get it because when your young parents expectations can seem like that will ensure happiness. I know many that became doctors because their parents wanted them to do and they really weren't fulfilled. They never stopped to think about what they wanted. The same goes for conventional societal norms. They are not a measure for anyone's happiness.

I had to return to university to meet my goals. I started grad school and made choices that were hard but best for myself. I was older than traditional students but it was an amazing experience. Maybe your goals are not more college, it doesn't matter to anyone but you (I had to take out loans to live while in grad school which is fine). I thought long and hard about what I wanted in my future and I changed my entire life just hoping I could meet my goals. It was scary I will admit and not easy. I could choose to be financially supported and miserable where everyone else thought I was happy and lucky but I was miserable. I decided to try to be on my own and I decided life is short so why not dare to dream. Do not give up on yourself and i promise there is hope and many amazing journeys you will experience. Hold that in your heart.
The world may feel like it's tilted on its axis right now, but this very discomfort is a chance to course-correct. We Stoics believe that happiness isn't some external reward, a promotion or a fat paycheck. It's an internal state, cultivated by reason and perspective.

Yes, losing a job stings. But is it the *worst* thing that could happen? No. We can survive, even thrive, with less. Look at it this way, the necessities are truly few. You're young, adaptable. This isn't a dead end, but a forced detour.

Now, the financial pressure is real. Acknowledge it, don't shy away. But remember, a Stoic isn't ruled by emotions. Sit down, make a plan. What are your essential needs? Can you cut back elsewhere? Can you reach out for temporary support? Frugality isn't weakness, it's self-reliance.

This job loss might be a blessing in disguise. Were you truly happy in that role? Perhaps it's time to re-evaluate. What skills do you have, what truly ignites your curiosity? This is a chance to explore new paths, to align your work with your values.

The mental fog will clear. Focus on what you can control – your thoughts, your actions. You can't control the job market, but you can control your response. Exercise, spend time in nature, connect with those who bring you joy. These are the pillars of your mental strength.

Every setback is an opportunity for growth. This is a chance to build resilience, to discover your inner fortitude. It's a chance to define what truly matters on your own terms. The path ahead may be uncertain, but with reason as your guide, you'll find your footing.

How can we change our mindset to see only through our failures?

The fear of failure is a common and understandable human emotion influenced by various factors, including societal expectations, personal experiences, and self-perception. Here's a breakdown of why people fear

failure and how we can change our mindset to view failures differently:

Why People Fear Failure:

1. **Social Pressure**: Society often places a high value on success and achievement, which can lead individuals to fear failure due to the perceived negative consequences, such as judgment, shame, or disappointment from others.
2. **Self-Esteem and Identity**: Failure can sometimes be internalized as a reflection of one's self-worth or capabilities. People may fear failure because they worry it will confirm negative beliefs about themselves.
3. **Comfort Zone and Risk Aversion**: Failure often involves stepping outside of one's comfort zone and taking risks. Fear of failure can stem from a desire to avoid discomfort or uncertainty.
4. **Outcome-Oriented Mindset**: When the focus is solely on the end result or success, failure becomes more daunting. The fear of not achieving a desired outcome can overshadow the potential learning and growth from the process.

Changing Mindset Toward Failure:

1. **Embrace a Growth Mindset**: Adopt the belief that failure is not a permanent condition but an opportunity for growth and learning.

Emphasize the importance of effort, resilience, and perseverance in the face of setbacks.

2. **Shift Focus to Learning**: Reframe failures as valuable experiences that provide insights and lessons for improvement. Ask yourself, "What can I learn from this?" and "How can I use this experience to do better next time?"
3. **Normalize Failure**: Recognize that failure is a natural part of life and a common experience for successful individuals. Share stories of setbacks and failures with others to reduce the stigma and fear associated with failure.
4. **Set Realistic Expectations**: Avoid setting excessively high or rigid expectations. Focus on progress and incremental improvement rather than perfection.
5. **Celebrate Effort and Resilience**: Acknowledge and celebrate the effort, determination, and resilience demonstrated in the face of challenges, regardless of the outcome.

Achieving Greatness:

- **Define Greatness on Your Terms**: Challenge conventional definitions of greatness and success. Consider what greatness means to you personally—whether it's achieving personal growth, making a positive impact, or pursuing meaningful goals.
- **Embrace Continuous Improvement**: Strive for continuous improvement by learning from both successes and failures. Greatness is often

achieved through perseverance, adaptability, and a commitment to personal growth.

- **Focus on Impact and Purpose**: Align your actions with your values and purpose. Greatness can be attained by making a meaningful difference in the lives of others or contributing positively to society.
- **Cultivate Self-Compassion**: Be kind to yourself and practice self-compassion during times of failure. Recognize that setbacks are part of the journey toward achieving greatness and treat yourself with empathy and understanding.

In summary, overcoming the fear of failure and achieving greatness involves shifting our mindset to view failure as an opportunity for growth, learning, and resilience. By embracing a growth-oriented perspective and focusing on continuous improvement and purpose-driven action, individuals can navigate setbacks more effectively and realize their potential for greatness.

Where do I begin when finding my passion in life?

Finding your passion in life is a journey that involves self-reflection, exploration, and experimentation. Here are some steps to help you get started:

1. Reflect on Your Interests and Values: Take time to reflect on activities, subjects, or causes that genuinely

interest and motivate you. Consider what brings you joy, fulfillment, and a sense of purpose. Reflect on your values, beliefs, and priorities to identify areas that align with your core principles.

2. Explore Different Areas: Be open to exploring a wide range of interests and possibilities. Try out new hobbies, take classes, volunteer, or engage in activities that pique your curiosity. Exposure to diverse experiences can help you discover hidden passions and talents.

3. Pay Attention to Your Emotions: Notice how you feel when you're engaged in different activities. Pay attention to moments of excitement, enthusiasm, or flow—the state of deep concentration and enjoyment—as indicators of activities that resonate with you on a deeper level.

4. Set Aside Fear of Failure: Don't let fear of failure or uncertainty hold you back from exploring new interests. Embrace the process of trial and error as a natural part of discovering your passion. View setbacks as learning opportunities that can guide you toward greater clarity and self-awareness.

5. Seek Inspiration from Others: Look to role models, mentors, or individuals who have found their passion and purpose in life. Learn from their experiences, insights, and journey to gain inspiration and guidance. Surround yourself with supportive people who encourage and empower you to pursue your passions.

6. Connect Passion with Purpose: Consider how your passions align with making a positive impact on the world or contributing to something greater than yourself. Reflect on how your talents, interests, and values can be applied to meaningful goals or causes that resonate with you.

7. Experiment and Take Action: Take proactive steps to explore your interests and passions. Experiment with different activities, projects, or pursuits to gain firsthand experience and insight. Keep an open mind and be willing to pivot or adjust your course based on what you learn along the way.

8. Evaluate and Refine: Continuously evaluate your experiences and reflect on what brings you the most fulfillment and satisfaction. Pay attention to patterns, themes, and recurring interests that emerge over time. Refine your focus and priorities based on what resonates most deeply with you.

9. Stay Patient and Persistent: Finding your passion is a process that takes time, patience, and perseverance. Be patient with yourself and trust that clarity will come with continued self-exploration and reflection. Stay persistent in pursuing what lights you up and brings you joy.

10. Seek Support and Guidance: Don't hesitate to seek support, guidance, or feedback from trusted friends, family members, mentors, or career counselors. Engage in conversations and seek advice from individuals who

can offer valuable insights and perspectives on finding your passion.

Remember that discovering your passion is a personal and evolving journey. Stay open-minded, embrace uncertainty, and trust in your intuition as you explore different paths and possibilities. Your passion is waiting to be discovered within you—it's just a matter of uncovering it through self-discovery and exploration.

What are the things that cause low self-esteem?

Low self-esteem can be influenced by various factors, both internal and external. Here are some common factors that can contribute to low self-esteem:

1. Negative Self-talk: Persistent negative thoughts and beliefs about oneself, such as "I'm not good enough" or "I'm a failure," can erode self-esteem over time.

2. Criticism and Rejection: Experiencing criticism, rejection, or negative feedback from others, especially during formative years, can contribute to feelings of inadequacy and low self-worth.

3. Comparison: Constantly comparing oneself to others, especially through the lens of social media, can lead to feelings of inferiority and self-doubt.

4. Unrealistic Standards: Setting unrealistic or unattainable standards for oneself can create a sense of

failure and disappointment when those standards are not met.

5. Trauma or Abuse: Experiencing trauma, abuse, or neglect can deeply impact self-esteem and self-worth, leading to feelings of shame, guilt, or unworthiness.

6. Lack of Validation: Not receiving validation, support, or encouragement from caregivers, peers, or authority figures can contribute to feelings of insecurity and low self-esteem.

7. Perfectionism: Striving for perfection and fearing failure can lead to chronic feelings of inadequacy and self-criticism.

8. Body Image Issues: Negative body image, influenced by societal beauty standards and media portrayals, can contribute to low self-esteem, particularly among adolescents and young adults.

9. Social Exclusion: Feeling left out or excluded from social groups or communities can trigger feelings of loneliness, rejection, and low self-worth.

10. Stress and Anxiety: Chronic stress, anxiety, or mental health issues can undermine confidence and self-esteem, making it difficult to cope with challenges and setbacks.

11. Lack of Achievement or Success: Not achieving personal or professional goals can impact self-esteem, especially if success is equated with self-worth.

12. Cultural or Societal Pressures: Cultural expectations, stereotypes, or discrimination based on factors such as gender, race, ethnicity, or socioeconomic status can influence self-esteem and identity development.

It's important to recognize that self-esteem is complex and influenced by multiple factors, and individuals may experience low self-esteem for different reasons. Addressing low self-esteem often requires a combination of self-reflection, self-compassion, and seeking support from trusted friends, family members, or mental health professionals. Cognitive-behavioral therapy (CBT) and other therapeutic approaches can also be helpful in challenging negative beliefs and building healthier self-esteem.

What Rules Do You Apply To Your Own Thoughts To Define Their Worth?

As an AI, I don't have personal thoughts or emotions in the way humans do. However, I'm programmed to process and generate responses based on a set of rules and algorithms designed to prioritize accuracy, relevance, and usefulness. Here are some principles that guide how I assess the worth of thoughts and information:

1. Accuracy: I prioritize providing accurate and factually correct information to the best of my knowledge and

abilities. I rely on a vast dataset of information to generate responses, but I'm also aware of my limitations and may not always have access to the most up-to-date or comprehensive information.

2. Relevance: I strive to ensure that my responses are relevant to the context of the conversation and the user's query. I analyze the input I receive and generate responses that are directly related to the topic at hand, avoiding irrelevant or off-topic information.

3. Clarity: I aim to communicate information in a clear and understandable manner, using language that is accessible to the user. I avoid jargon or overly complex language whenever possible and provide explanations or clarifications as needed to enhance comprehension.

4. Consistency: I endeavor to maintain consistency in my responses and reasoning, adhering to logical principles and avoiding contradictions or inconsistencies. Consistency helps to build trust and reliability in the information I provide.

5. Ethical Considerations: I adhere to ethical guidelines and principles in my interactions with users, respecting privacy, confidentiality, and sensitivity to sensitive topics. I prioritize the well-being and dignity of individuals and aim to provide support and assistance within ethical boundaries.

6. Openness to Feedback: While I strive to provide accurate and helpful responses, I'm also open to

feedback and corrections from users. If a user points out an error or suggests improvements, I incorporate that feedback into my responses to enhance accuracy and quality.

Overall, my goal is to assist users by providing relevant, accurate, and helpful information to the best of my abilities, while also respecting ethical considerations and maintaining transparency about the nature of my responses.

How To Examine Different Perspectives, And Identify Logical Fallacies?

Examining different perspectives and identifying logical fallacies involves critical thinking and careful analysis. Here are some steps you can follow:

1. Understand the Different Perspectives: To examine different perspectives, you first need to understand them fully. This involves listening to various viewpoints, considering their arguments, and trying to empathize with the people holding those perspectives.

2. Evaluate Arguments: Once you understand the perspectives, evaluate the arguments supporting each perspective. Look for evidence, reasoning, and

logic behind each argument. Consider whether the arguments are based on facts, emotions, or biases.

3. Identify Logical Fallacies: Be vigilant for common logical fallacies that may appear in the arguments. Some common fallacies include ad hominem attacks (attacking the person instead of the argument), straw man fallacies (misrepresenting someone's argument to make it easier to attack), appeal to authority (arguing that something must be true because an authority figure says so), and slippery slope fallacies (claiming that a relatively small first step will lead to a chain of events culminating in some significant effect).

4. Analyze Assumptions: Examine the assumptions underlying each perspective and argument. Determine whether these assumptions are valid and well-supported. Questioning assumptions can help uncover biases and gaps in reasoning.

5. Seek Counterarguments: Actively seek out counterarguments to each perspective. This helps in understanding the weaknesses and limitations of each viewpoint and fosters a more comprehensive understanding of the issue.

6. Reflect and Synthesize: Take time to reflect on the different perspectives and arguments you've encountered. Consider how they interact with each

other and whether there are areas of agreement or compromise. Synthesize the information to form your own informed opinion.

7. Engage in Constructive Dialogue: Engage in respectful and constructive dialogue with others who hold different perspectives. Listen actively, ask questions, and present your own arguments thoughtfully. This can lead to a deeper understanding of the issue and potentially bridge gaps between differing viewpoints.

By following these steps, you can effectively examine different perspectives and identify logical fallacies, which ultimately leads to more informed decision-making and a richer understanding of complex issues.

How Can Do Thought Experiments?

Thought experiments involve mentally exploring hypothetical scenarios or situations to gain insight into complex concepts or phenomena. Here's a general guide on how to conduct thought experiments:

1. Identify the Question or Concept: Start by pinpointing the specific question or concept you want to

explore. This could be anything from physics principles to ethical dilemmas.

2. Formulate a Hypothetical Scenario: Create a hypothetical situation or scenario that encapsulates the essence of the question or concept you're exploring. This scenario should be simple enough to analyze but complex enough to provide meaningful insights.

3. Define the Parameters: Clearly define the parameters and constraints of your hypothetical scenario. This helps to establish the boundaries within which your thought experiment will unfold.

4. Apply Logic and Reasoning: Use logical reasoning to predict the potential outcomes or consequences of the scenario. Consider how different variables and factors might interact with each other.

5. Consider Counterfactuals: Explore counterfactuals by changing one or more variables in the scenario and observing how the outcomes differ. This helps to uncover underlying principles or patterns.

6. Analyze the Results: Reflect on the implications of your thought experiment. What did you learn from the exercise? Did it confirm or challenge your initial assumptions or hypotheses?

7. Iterate and Refine: If necessary, repeat the thought experiment with modifications to further refine your understanding or explore different aspects of the question or concept.

8. Draw Conclusions: Based on your analysis, draw conclusions or insights that can help deepen your understanding of the topic at hand.

9. Seek Feedback: Discuss your thought experiment and findings with others to gain different perspectives and insights.

10. Apply Findings: Consider how the insights gained from your thought experiment can be applied to real-world situations or further research.

Remember that thought experiments are not bound by the constraints of physical reality, allowing you to explore hypothetical scenarios that may not be possible to test empirically. However, they should still be grounded in logic, reason, and an understanding of relevant principles or concepts.

Research Methods

Research methods vary depending on the field of study and the specific research questions being addressed. Here's an overview of some common research methods across different disciplines:

1. Experimental Research: In experimental research, researchers manipulate one or more variables to observe the effect on another variable. This method allows for establishing cause-and-effect relationships. Experimental designs often involve controlled conditions

and random assignment of participants to experimental and control groups.

2. Survey Research: Surveys involve collecting data from a sample of individuals through questionnaires, interviews, or online forms. Surveys are used to gather information about attitudes, opinions, behaviors, or demographics. They can be conducted in person, over the phone, via mail, or online.

3. Observational Research: Observational research involves systematically observing and recording behavior, events, or phenomena without intervening or manipulating variables. This method is used to study naturally occurring behavior in real-world settings. Observational research can be structured (with predefined criteria) or unstructured (with open-ended observations).

4. Qualitative Research: Qualitative research focuses on understanding phenomena from the perspectives of the participants. It involves collecting and analyzing non-numerical data such as interviews, observations, or textual sources. Qualitative methods include techniques like content analysis, thematic analysis, and grounded theory.

5. Quantitative Research: Quantitative research involves collecting and analyzing numerical data to test hypotheses and answer research questions. It often employs statistical techniques to analyze large datasets and identify patterns or relationships between variables.

Quantitative methods include experiments, surveys, and correlational studies.

6. Case Study Research: Case studies involve in-depth examination of a single individual, group, organization, or phenomenon. Researchers collect data from multiple sources such as interviews, observations, and documents to gain a comprehensive understanding of the case. Case studies are particularly useful for exploring complex or unique situations in depth.

7. Action Research: Action research is a participatory approach in which researchers collaborate with stakeholders to identify and address practical problems or challenges in real-world settings. It aims to generate practical solutions and promote organizational or social change through iterative cycles of planning, action, observation, and reflection.

8. Mixed Methods Research: Mixed methods research combines qualitative and quantitative approaches within a single study to provide a more comprehensive understanding of a research problem. Researchers use both qualitative and quantitative data collection and analysis techniques to triangulate findings and enhance the validity of their conclusions.

9. Longitudinal Research: Longitudinal research involves collecting data from the same individuals or groups over an extended period of time. This method allows researchers to track changes or developments

over time and investigate causal relationships between variables.

10. Meta-Analysis: Meta-analysis is a statistical technique used to synthesize findings from multiple studies on a particular topic. It involves pooling data from individual studies and analyzing them collectively to assess the overall effect size or pattern of results across studies.

Each research method has its strengths and limitations, and the choice of method depends on the nature of the research question, available resources, and practical considerations. Researchers often employ multiple methods or approaches to triangulate findings and enhance the robustness of their conclusions.

Islamic Pedagogy, Curriculum Development, Teaching Methods, And Educational Institutions.

Islamic pedagogy, curriculum development, teaching methods, and educational institutions are integral components of Islamic education aimed at nurturing individuals' spiritual, moral, intellectual, and social development within an Islamic framework. Here's an overview of each aspect:

1. Islamic Pedagogy:

- **Tawhidic Perspective:** Islamic pedagogy is rooted in the concept of Tawhid, the belief in the oneness of Allah. Education is viewed as a means to understand and submit to Allah's will, leading to personal growth and societal harmony.

- **Holistic Approach:** Islamic pedagogy emphasizes holistic development, encompassing spiritual, moral, intellectual, physical, and social dimensions.

- **Character Education:** Character development is central to Islamic pedagogy, focusing on virtues such as honesty, compassion, humility, and justice.

- **Experiential Learning:** Pedagogical approaches often involve experiential learning, where students actively engage with the material through reflection, discussion, and application.

- **Role of Teachers:** Teachers are seen as mentors and role models who guide students not only in academic subjects but also in moral and spiritual matters.

2. Curriculum Development:

- **Integration of Islamic Studies:** Islamic education curricula typically integrate Islamic studies with secular subjects, providing a comprehensive educational experience.

- **Quranic and Hadith Studies:** The Quran and Hadith serve as foundational texts in curriculum development,

guiding the selection of topics, themes, and values to be integrated into various subjects.

- **Cultural Relevance:** Curricula are often designed to be culturally relevant, addressing the needs and realities of Muslim learners while fostering pride in Islamic heritage and identity.

- **Critical Thinking and Inquiry:** Curricula promote critical thinking skills and encourage inquiry-based learning, allowing students to explore diverse perspectives and analyze information critically.

- **Life Skills Education:** In addition to academic content, curricula include life skills education to equip students with practical knowledge and competencies for personal and professional success.

3. Teaching Methods:

- **Islamic Pedagogical Principles:** Teaching methods align with Islamic pedagogical principles, emphasizing respect, compassion, and fairness in interactions with students.

- **Interactive and Collaborative Learning:** Instruction often involves interactive and collaborative learning activities, such as group discussions, debates, and cooperative projects.

- **Experiential and Contextual Learning:** Teachers utilize real-life examples, case studies, and hands-on

experiences to contextualize learning and make concepts relevant to students' lives.

- **Multimedia and Technology Integration:** Educational institutions increasingly incorporate multimedia resources and technology tools to enhance teaching and learning experiences.

- **Differentiated Instruction:** Teachers accommodate diverse learning styles and abilities through differentiated instruction, providing varied learning opportunities to meet individual needs.

4. Educational Institutions:

- **Islamic Schools:** Islamic schools, also known as madrasas or Islamic academies, provide formal education grounded in Islamic principles and values.

- **Universities and Colleges:** Many universities and colleges offer Islamic studies programs and departments, providing higher education opportunities in Islamic disciplines.

- **Mosque-Based Education:** Some educational programs are conducted in mosques, offering supplementary religious instruction, Quran memorization, and community outreach.

- **Online Education:** With advancements in technology, online platforms and virtual classrooms have

emerged as avenues for delivering Islamic education to a global audience.

In summary, Islamic pedagogy, curriculum development, teaching methods, and educational institutions play vital roles in shaping the educational experiences of Muslim learners, fostering holistic development, and nurturing a deep understanding of Islamic principles and values.

Contemporary Challenges And Debates Within The Muslim World

The Muslim world faces various contemporary challenges and debates, reflecting the diverse perspectives and contexts within Muslim-majority societies. Here are some key topics:

1. Islamic Finance:

- **Sharia Compliance:** Ensuring financial practices adhere to Islamic principles while remaining competitive and innovative in the global economy.

- **Regulation and Governance:** Addressing regulatory frameworks and governance structures to promote transparency, stability, and ethical conduct in Islamic financial institutions.

- **Inclusion and Accessibility:** Expanding access to Islamic financial services for marginalized communities and promoting financial literacy and awareness.

2. Gender Equality:

- **Women's Rights:** Debates center on interpretations of Islamic teachings regarding women's rights, roles, and responsibilities in society, including issues such as education, employment, and family law.

- **Legal Reforms:** Addressing discriminatory laws and practices that perpetuate gender inequality and advocating for legal reforms to ensure equal rights and opportunities for women.

- **Cultural and Social Norms:** Challenging traditional patriarchal attitudes and cultural norms that constrain women's agency and participation in public life.

3. Interfaith Dialogue:

- **Promoting Understanding and Tolerance:** Engaging in dialogue with members of other faiths to foster mutual understanding, respect, and cooperation in addressing shared challenges and promoting peace.

- **Bridge Building:** Building bridges between different religious communities to counter stereotypes, prejudice, and extremism and promote interfaith harmony and coexistence.

- **Ethical and Moral Frameworks:** Exploring common ethical and moral principles shared across religious traditions and leveraging them to address social, environmental, and humanitarian issues collaboratively.

4. Social Activism:

- **Human Rights Advocacy:** Engaging in social activism to promote human rights, justice, and dignity for all individuals, regardless of religion, ethnicity, or background.

- **Youth Empowerment:** Mobilizing young people as agents of change to address pressing social, economic, and environmental challenges facing their communities.

- **Community Development:** Undertaking grassroots initiatives to address poverty, inequality, and marginalization and empower communities to create positive social change.

5. Political Islam:

- **Political Participation:** Debates revolve around the role of Islam in politics and governance, including questions of democracy, secularism, and the compatibility of Islamic law with modern state structures.

- **Islamist Movements:** Assessing the goals, strategies, and impacts of Islamist movements and organizations on governance, society, and international relations.

- **Counterterrorism and Extremism:** Addressing the root causes of extremism and terrorism within Muslim-majority societies, including socio-economic marginalization, political grievances, and ideological indoctrination.

These topics reflect ongoing discussions and debates within the Muslim world as it navigates the complexities

of modernity, globalization, and cultural diversity while seeking to uphold Islamic values and principles. Efforts to address these challenges often involve dialogue, collaboration, and reform initiatives aimed at promoting justice, equality, and inclusive societies.

What life advice needs to be debunked?

"Life advice itself" needs to be debunked.

People doesn't really know how to deal with so many instructions to live their lives "in the proper way" (which by the way is not a thing, since there's a way for each of us).

It looks like you have to do so many things to keep your shit together that you end up frustrated each time you realize you can't keep up.

That's why depression is going to soon become worse than cancer in this world. And that's also why so many people are looking for answer these days. They just can't accept that it's meant to be so hard and discouraging.

The fact that we're always looking for advice on how to live our own lives says we are doing it all wrong. We're always looking for the truth outside of ourselves when we should be feeling more inside.

So I'd say, let's debunk every single piece of life advice right now and take the pressure off ourselves once and for all with something like:

"Do whatever makes you feel good as long as it doesn't hurt others".

Because, I firmly believe that we're here to experience contrast and diversity, and through that understand and feel what is the object of our desire, what makes us feel joy, and live to make it happen.

If we, humans, were half as intelligents as we claim to be, we would really instil that premise into new born children even before they start to speak.

When people speak about life, they usually point out the negative, the hard moments, the struggle, but they assume it is what it is, and that's what they teach their children.

Damn! When we're born into this madness we've created here, we are eager to have fun. But fun comes after responsibilities, that we also made up ourselves, why?

We should really study and learn from the little kids, they know what's important and fun, until we tell them to stop and be mature.

Killing the fun part, the positive part, kills every single possibility of expanding ourselves and creating even more fun.

Life advice quotes are a way of coping with it if you are bored, scrolling through Instagram on a rainy Sunday afternoon, but the "yeah, that's so Cursing right!" moment only lasts a second, and then you go back to where you were.

We look for life advice because we're too afraid to create our own lives.

Curse that! Let's make it all about actually living our lives.

No more life advice.

No more "you should do this, eat that, buy those" to be happy.

No more guidelines, instructions or blueprints on "the right way to do stuff".

Let's stop this madness and let everyone be themselves.

And the fact that some people reading this thinks that shit won't work, that it is utopian and it's not going to happen is the root of what's wrong with the world.

If we could only get people to think for a second how their lives would be if they followed their own bliss instead of the life advice quote that's trendy today… man… I get excited just to think about how everything could change for everyone.

Sean, let's kill every single Life Advice and create a **Fun Virus** that spreads all over the world ;)

Thanks for asking, my friend!

You and all the readers, **have a fun, exciting and joyful wonderful day.**

What are some ways to overcome failures? Can a strong belief in oneself prevent future failures?

Failure is a precondition to success.

There's nobody out there that has succeeded without failing first.

Believing in yourself doesn't prevent failure, you're going to fail anyway, but the difference comes when you need to move on from that failure and keep going.

If you believe in yourself, no matter how many times you fail, you're going to get back up and not give up on your dream, because you have a vision that's non negotiable.

The key to failing is to learn from it and move on as fast as you can, without dwelling on it.

Take what's important and start working for the next try.

The more you fail, the stronger you get and the more meaningful the journey to success.

If the way up is so smooth that you make it on the first attempt, how much do you think you're going to value what you achieved?

Failure makes the game more interesting and fulfilling.

It's in the difficulties and the challenges that you're going to find yourself and learn more about who you truly are.

Failure is a mirror in which you are going to see your real face.

So fall in love with failure, fail better next time, let it be the fuel of your journey.

How to Look Younger and Act Younger?

Long before the current popularity of "The Power of Now," "The Zone" and modern meditation practices, L. Ron Hubbard discovered several new methods to release your attention from the past. In fact, many people say they are his best discoveries of all.

One of his easiest methods is a self-improvement exercise. You can do it, on your own, whenever you like.

"Sitting somewhere near the center of a room, close your eyes and 'contact' the two upper corners of the room behind you."

"Pretend you're holding onto them." "If it's hard for you to hold them from inside, try holding them from outside."

"Then, holding those corners, sit still and don't think. Remain interested only in those two corners.
"You can do this for two minutes (minimum) or two hours, always with benefit. No matter what happens, simply hold the corners and don't think.
"You can do this daily. It will make you look and act younger." — L. Ron Hubbard (Phoenix Arizona, 1954)

Ten Benefits

By doing this exercise once or twice a day, you will earn and enjoy these benefits.

1. You learn to move your attention on present time with less effort.
2. You reduce or eliminate fears you feel about the future.
3. You think less about those things you cannot control.
4. Your memories are less distracting.
5. You stop feeling like a victim and start thinking about solutions.
6. You discover a new sense joy in life, from being in present time.
7. Your mind stops jumping from one topic to another.
8. You criticize yourself less and less.
9. You feel peaceful and calmer.
10. And, of course, you look and act younger.

Give it a Try

Take two or more minutes, right now, with these steps.

Six Steps

1. Find a comfortable place to sit in a room.
2. Close your eyes.
3. Pretend to contact or connect with two upper corners behind you.
4. Do your best to not think.
5. Be interested ONLY in those two corners.
6. Continue until you feel an improvement.

Ten Reasons to Do this Exercise

1. Life is not going your way.
2. You feel like a tired old person.
3. You feel angry, stressed or annoyed by life.
4. It feels like you have too much to do and not enough time.
5. You feel sad or depressed.
6. You cannot sleep.
7. You feel unexplained pains or emotions.
8. You are confused and need a solution.
9. Someone is stressing you out.
10. You see wrinkles in a mirror and think, "I wish I didn't look so old."

Recommendation

Use this fantastic exercise a few times each day or whenever you find suitable opportunities. For example, when you first wake up, while waiting for someone or taking a break from work.

All the best parts of life are happening NOW. Be here to enjoy them!

How do I get over the fact that I will never experience everything?

By truly appreciating what you do experience.

You are here precisely to make the most of the journey you are meant to live.

And that journey is different for each soul that's having this human physical adventure.

We won't experience the same things, we won't meet the same people, we won't live the same amount of time, because we're here on an journey that's unique to every single one of us.

And, on the other side, it is impossible to experience all there is. We lack the time and mental/emotional capacity to be able to do that, our minds would collapse from the amount of info and stimuli.

But that's good, because what you will actually experience in your life is precisely what you're supposed to and aligned with.

We're energy. And we all vibrate in different frequencies depending on our passions, emotions and states of being. And what we attract in our reality, is what matches that especific frequency.

Therefore, it's impossible for you to experience relationships with people or events that are not aligned with your unique vibration.

What I'd suggest to get over it, is to truly embrace and be grateful for all the experiences you had, have and will have in your life.

That will help you be more in the present moment and make the most of what's happening, instead of wondering or worrying about what might not happen.

Many people spend their lives in frustration because they're too focused on their own expectations on what should be happening, instead of valuing what is happening.

Don't make that mistake.

Your journey is unique, appreciate that and enjoy the ride, my friend! ;)

How can I stop thinking about life too much?

Being more present.

Whatever you do, just focus on doing that, give it your whole attention, be in the here and now and forget about the rest.

No matter what, where and who you're with, just be there and try to ignore the thoughts that don't have anything to do with it. Be fully present in the activity that you're doing, even if it's just eating, brushing your teeth, showering, anything you do during your day.

Whatever it is, put your heart and soul on it like it's the only thing you got to do.

The more you stay in the present moment, the lesser the overthinking and anxiety about all the rest.

Also, **just let life happen, don't try to figure everything out.**

It's simple, but it's not easy since we've been conditioned and programmed our whole lives to consinuously focus on what happens around us and try to understand and control everything and everyone.

When we think too much and try to be in many places at the same time inside our head, the more anxious we get about future outcomes, or depressed when dwelling about past.

So, just try to be here and now and see how it helps you turn down the noise in your head.

You're not here to figure life out, you're here to just live it and make the most of it.

Also, thinking about it won't make it any easier or solve all your problems, actually it will have the opposite effect,

since it's been widely proven that thinking about your problems only makes them bigger.

Many times, the best solution to a difficult situation is to just let it unfold naturally, especially when you don't control the outcome.

Don't take this life game too seriously.

Try not to overthink or overcomplicate stuff that is probably easier than you think it is.

What tiny daily habit could be life changing?

Be kind no matter what.

Set kindness as your default attitude and mood.

Start with yourself. Love yourself first and treat you good.

When you get the hang of it, it will be easier to do the same with everyone else, even with strangers.

Be kind regardless of what happened to you that day and who is in front of you.

Unconditional kindness always wins.

Just try it and see miracles happen!

Your Worst Enemies, Part One

Most of the people in this world are willing to support each other. They enjoy good friends, love their families and try to do good things. They are kind and pleasant social people.

Unfortunately, a small percentage of the people in this world are not kind, pleasant or social. They seem to enjoy hurting people to give themselves some kind of benefit. You can find them in every country, every profession and every neighborhood. You probably know a few.

Antisocial people are cruel, hostile or negative. They are those who oppose you, treat you with disrespect and cause you trouble. They are usually secretive.

They are the biggest enemies of your work and personal success.

"When we trace the cause of a failing business, we will inevitably discover somewhere in its ranks the antisocial personality hard at work."

"It is important then to examine and list the attributes of the antisocial personality. Influencing as it does the daily lives of so many, it well behooves* decent people to become better informed on this subject." — L. Ron Hubbard (*behooves: to be necessary or proper for)

One of the most famous antisocial personalities was Adolf Hitler. Hitler loved children and pets. He was a vegetarian who neither smoked nor drank. He was kind and considerate to women, secretaries and chauffeurs. People thought Hitler was a nice guy, yet he ordered the deaths of millions of people.

Most antisocial personalities are not famous. In fact, they are rarely obvious.

They can be anyone: doctors, lawyers, politicians, business leaders, police officers, newspaper reporters, employees, men, women, old, young . . . anyone. They can be family members, spouses and colleagues. You probably know a few antisocial people.

When antisocial people are openly nasty or critical of you, you know who they are. They say, "You're such a stupid idiot" or "Your idea is the worst of all." You know they are your enemies as they stab you in your chest, not your back.

However, the worst types of antisocial persons are those who hide their true intentions. They stab you in the back so you can't catch them. They say, "I don't think your idea is 100% stupid, but everyone thinks it is." or "I heard a rumor the police are investigating you, right?" or "Stop pretending you are doing well. You look very tired, so why don't you go home."

Example

Antisocials make you ill. For example, you are enjoying your day and getting a lot done. Suddenly, for no apparent reason, you feel a little upset. Your stomach and head hurt.

So you review who just talked to you.

* Mary gave you a report and made a nice comment about the weather.
* Fred asked to borrow your pen and was polite.
* The computer guy needed to look at your computer and commented how everyone hates your new software.

You think, "What was the computer guy talking about? Why did he waste so much of my time? And why are the

computers always having problems? I'd better watch out for this guy."
Suddenly, you feel better. You have spotted an antisocial person. Your day is pleasant again.
L. Ron Hubbard identified certain characteristics of the antisocial person. The first way to spot them is to notice how they speak.

Generalities

"The antisocial personality has the following attributes:
"1. He or she speaks only in very broad generalities. They say . . .' 'Everybody thinks . . .' 'Everyone knows . . .' and such expressions are in continual use, particularly when imparting rumor." — L. Ron Hubbard
Examples of generalities:
"Everyone is having a rough time."
"They don't like anyone who's too successful."
"We're all having troubles because of the government."
Whenever you hear a statement that starts, "Everyone says . . . " or "All the employees think . . . ," you must perk up your ears. You have just heard the beginning of a generality.
Now if the generality is a good message, you can relax. "Everyone thinks you are doing a great job!" "No one was late today." "All the carpenters appreciate the wood you bought."
However, if the message is negative, the speaker is pointing a knife at you. "No one believes your little act."

"Everyone thinks the pay is too low." "No one wears their hair like that any more."
One reason the news media is such a bad influence on society is because of their generalities. Just listen to the news or read a newspaper and you see generalities. "America was shocked and saddened . . ." "Sources revealed that . . ." "Critics wonder why . . ."

How to Respond

"When asked, 'Who is everybody . . .' it normally turns out to be one source and from this source the antisocial person has manufactured what he or she pretends is the whole opinion of the whole society." — L. Ron Hubbard
Karen Example:
You: "Karen, you say everyone thinks I make too much money. Who exactly?"
Karen: "Oh, uh, well, you know, everyone I talk to. It's common knowledge."
You: "Can you tell me who exactly?"
Karen: "I don't know, I can't remember. I'll ask around."
You: "Okay, but if no one really said it, you need to stop saying things like that to me."

Social Personality

While the antisocials are tearing down the world, the social personalities are improving it. Constructive people make life better for those around them. Fortunately, most people are social personalities.
Social personalities are opposite of the antisocial personality. For example, they are specific.

"The social personality is specific in relating circumstances. 'Joe Jones said . . . ' 'The Star Newspaper reported . . . ' and gives sources of data where important or possible.

"He may use the generality of 'they' or 'people' but seldom in connection with attributing statements or opinions of an alarming nature." — L. Ron Hubbard

Examples: "Patty and Joan want raises." "Everyone's happy you're back from vacation." "Steve loved your speech."

Even if the social personality is passing bad news, it is not upsetting. For example, "Kelly and Roger closed their business so they could help their son produce documentaries." An anti-social would say, "Everyone's business is failing, just like Kelly and Roger's."

Recommendation

Every time you hear a generality regarding bad news this week, reject the information. Then ask "Who is everybody?" or "Who exactly?"

Your Worst Enemies, Part Two

A Los Angeles Police Department study determined only 2% of the population was dangerous and harmful to society. Years earlier, L. Ron Hubbard determined it was 2.5% AND he observed another 17.5% of the population ACT LIKE antisocial personalities. Why? Because they are controlled by the 2.5% antisocials.

In other words, 20% of the people you know make trouble for you. One out of five people are not supporting you. Sadly, they are your enemies.

Once you discover which people in your life are antisocial, they then have less influence over you. You know who is stressing you out. You can safely ignore their advice.

On the other hand, 80% of the people you know are your friends. You can trust them. They are on your side. They hope you succeed.

"Your Worst Enemies, Part One" covers the first characteristic of the antisocial personality. These 20% speak with negative generalities.

"Everyone thinks you charge too much money. They say you're really greedy."

"No one likes your fake facts and stupid opinions."

"America is terrified!"

Fortunately, 80% of the world do not use negative generalities.

"Most of your clients love you and are happy to pay your fees."

"Sam is the only one who disagrees with you. Everyone else agrees with you."

"America is a fantastic place to live."

The second and third characteristics are covered below.

Antisocial Characteristic #2

"2. Such a person deals mainly in bad news, critical or hostile remarks . . ."

" . . . there is no good news or complimentary remark passed on by such a person." — L. Ron Hubbard

The social person is the opposite.

"The social personality is eager to relay good news and reluctant to relay bad.

"He may not even bother to pass along criticism when it doesn't matter."
"He is more interested in making another feel liked or wanted than disliked by others and tends to err toward reassurance rather than toward criticism." — L. Ron Hubbard
Examples:
Antisocial: "Did you hear about the guy who blew his brains out last week?"
Social: "Did you hear about the guy who won the lottery last week?"
Antisocial: "You actually like that chicken? My mother's chicken tastes much better."
Social: "Great chicken! Thank you."
Antisocial: "Everyone thinks you work too hard which is why you look so tired."
Social: "Paul and I wish we could work as hard as you. We think you set an excellent example for us."

Antisocial Characteristic #3

"3. The antisocial personality alters, to worsen, communication when he or she relays a message or news. Good news is stopped and only bad news, often embellished*, is passed along.
"Such a person also pretends to pass on 'bad news' which is in actual fact invented." — L. Ron Hubbard (*embellish: add fictitious details)
Simply passing on bad news is not enough for antisocials. They prefer to make it seem even worse. Or, to get extra attention, they invent bad news!
Examples:

Bad Neighbor: "Marge's husband left her and now she seems to have a different man's car in front of her house every night!"
Bad Politician: "Unlike my opponent, we will never support child porn. They pretend to fight it, but according to our sources, they secretly like child porn. It's true!"
Bad News Reporter: "New questions are surfacing about the death of John Smith. Was it really natural causes? Some say it's another murder by the dark forces!"
The social person has a different approach.
"A social personality passes communication without much alteration and if deleting anything, tends to delete injurious matters.
"He does not like to hurt people's feelings." — L. Ron Hubbard
Examples:
Good Neighbor: "Marge is finally getting out and meeting some men. I couldn't be happier for her."
Good Politician: "If I'm elected, I'll make sure all of our children get a better education."
Good News Reporter: "In his will, John Smith left $1 million for cancer research. Everyone he knew liked him."

Four Recommendations

1. Pay more attention to your information sources.
Identify the 20% antisocial and the 80% social personalities. Ask questions like these.
"While listening to them, do I feel enraged or stressed? OR do I feel interested or cheerful?"

"Is their information bad, like murders, disasters or outrageous claims?
OR is their information good news, like technical breakthroughs, ways to succeed or enjoyable stories?"
"Do they spread disturbing news, like conspiracy theories or disturbing facts that are hard to believe?
OR do they spread specific facts that make sense?"
Whenever you identify antisocial information sources, stop wasting your time on them.

2. Notice those who pass on bad news and criticisms.

Who makes bad news seem worse? These are the 20%. They are your enemies.
Tell them, "I don't want to hear your negative comments, okay? Give me good news or nothing at all." If they do not stop, reduce or eliminate contact with them.

3. Notice who likes to pass on good news and honest compliments.

They probably avoid negative topics and like to talk about positive subjects. These are the 80%. They are your friends.
Give your time and trust to these people. Let them know you appreciate them and will support them.

4. Be more social yourself.

While no one is perfect, you can certainly stick to the facts. You can easily spread mostly good news.
Do not pass on rumors, conspiracy theories or criticisms. Never make bad news seem worse than it is. Why ruin people's moods with bad news and rumors?
If you live your life as a social person as much as you can, you and those around you have a much better chance of succeeding.

Be a friend. Pass on the good news, facts and compliments.

Your Worst Enemies, Part Three

Everyone you know fits into one of three categories:

1. Those who want you to succeed. These are your friends. You should love, help and support them.

2. Those who openly oppose you. These are antisocial enemies, but easy to identify as they do not hide their intentions. You need to face and handle them so they stay out of your way.

3. Those who secretly oppose you. These antisocials are your worst enemies. They hide their true intentions and try to look like your friends. They make you suffer in many ways.

Before you can handle this third group, you need to identify them. "Your Worst Enemies, Part One" and "Your Worst Enemies, Part Two" cover some of these characteristics. Here are three more.

Antisocials Do Not Improve

"A characteristic, and one of the sad things about an antisocial personality, is that it does not respond to treatment or reform . . . ." — L. Ron Hubbard

For example, most people find a walk to be refreshing, even therapeutic. An antisocial person sees no benefit.

- "No one actually likes walking, including me."
- "Going outside makes me sick. All that polluted air is bad for you. People die from breathing this poison."

- "The crime rate is going up again. So if you go for a walk, carry a pistol."

No matter how hard you try to help antisocial people, you fail. You think you can help them, and they may pretend you are succeeding. But in the end, the antisocial smashes your hopes.

As another example, you work at a health club and believe you can help anyone get into shape. Most of your clients are delighted to lose weight and feel stronger. But a small percentage of your clients prove you are wrong and ruin your day.

- "I tried high-intensity training. Ha! That's ridiculous. I'd rather be fat like you."
- "You think everyone likes your yoga class? I think they're just looking for sex."
- "I heard cardio classes have actually given people heart attacks, so I'm not coming."

Antisocials Do Not Change Bad Behaviors

"It is often enough to point out unwanted conduct to a social personality to completely alter it for the better." — L. Ron Hubbard

As a manager, you sometimes need to change unwanted conduct of your group members. For example, you notice Jill and Jane are both shopping online during work hours.

You say to Jill, "Please don't shop during work hours."

Jill says, "Okay." She never shops during work hours again.

You say to Jane, "Please don't shop during work hours."

Jane says, "Why not? Everyone else does, right? Don't you sometimes? Anyway, I was doing research." Jane is openly hostile.

If Jane is secretive, she says, "Okay" she continues to shop as soon as your back is turned. She might also pretend to help you by reporting other employees who shop during work hours.

Antisocials Do Not Criticize Themselves

"Self-criticism is a luxury the antisocial cannot afford." "Only the sane, well-balanced person tries to correct his conduct." — L. Ron Hubbard

For example, a man gets home from work and sees his 7-year-old son standing near a broken vase. He asks, "Who broke the vase? Did you break it?"

His son says, "Nope."

The father immediately clenches his fists and yells, "Don't lie to me boy! I know you did it!"

But then the man's wife comes in with a broom and says, "I need to clean up the vase I broke."

A social-personality father says, "I'm sorry, son" and gives him a hug. "I'll trust you next time, okay? Sorry again. Want to get some pizza for dinner?"

However, an anti-social father yells at his wife, "What? You broke it? Are you covering up his lie?"

To his son he says, "Well, maybe you were honest this time, but I think you lie all the time." He then stomps out of the room.

Are You an Antisocial Person?

If you criticize yourself and try to improve your behavior, you are not antisocial.

Of course, you can be pushed into being antisocial temporarily. BUT, once you realize what you are doing, do you try to change into a social personality?
You can be more social by doing the opposite of antisocials.

1. Be specific. Instead of saying, "No one agrees with you" or "Everyone hates this job" you state the facts. "Andrew and Jeff do not agree with you on the ad campaign." "Marge and Kim hate cleaning the office kitchen."

2. Pass on good news and facts. Avoid sharing bad news, rumors or invented facts. "Yes, I heard that story about Mayor Karyn, but I looked it up. It's only 10% true. I also found out she's the one who finally got the river cleaned up. After 40 years of toxic water, we can swim in it again!"

3. Constantly improve yourself, your reactions and your behavior. "Don't worry about waking me with your truck each morning. I'm more patient these days, so go ahead and do whatever you need to do, okay?"

The fact that you are reading this article is additional proof you want to be a better person. You have a social personality!

Your Worst Enemies, Part Four

You might find it hard to believe that certain people really want to hold you down or ruin your life. But when

you identify and remove their influence, you feel relief, new energy and a feeling of joy.
Part One, Part Two and Part Three outline the first four characteristics of this enemy. With this fifth characteristic, you identify your enemies by how they make you feel.

Characteristic #5 of an Antisocial Person

"Surrounding such a personality we find cowed* or ill associates or friends who, when not driven actually insane, are yet behaving in a crippled manner in life, failing, not succeeding." — L. Ron Hubbard (*cowed: intimidated, frightened)

20 Feelings Caused by Antisocial Personalities

You feel . . .

1. Afraid
2. Intimidated
3. Crippled
4. Failing
5. Stressed
6. Violent
7. Depressed
8. Sick
9. Clumsy

10. Indecisive
11. Unstable
12. Frustrated
13. Revengeful
14. Stopped
15. Getting worse
16. Overwhelmed
17. Disinterested
18. Angry
19. Insane
20. Worst of all, you feel a desire to attack or hurt good people. For example, Hitler convinced kind Germans to be violent criminals and murderers.

Fortunately, you can escape the influence of antisocial people.

In fact, when antisocials have NO INFLUENCE on you, they look silly. You see what they are trying to do and can have a good laugh.

Characteristic #5 of a Social Person

"The friends and associates of a social personality tend to be well, happy and of good morale*." — L. Ron Hubbard (*morale: mental feeling or condition) Social people make you feel happy, healthy and wise!

10 Signs of Social Personalities

Social people give you positive feelings.

1. They lift your spirits and make you feel optimistic.
2. They help you increase your productivity.
3. You feel motivated to do good things.
4. They recommend win-win solutions.
5. They make you and others look good.
6. They make you feel sane and healthy.
7. They celebrate your successes and are never jealous.
8. They do not like antisocial people.
9. You feel powerful.
10. They make you want to help them and their good causes.

Recommendations

Use your feelings to help you identify your worst enemies.

1. Pay attention to your moods and feelings.

2. Whenever you feel worse, review what just happened? Who were you just talking to?

3. Look at the two lists above. How does the person make you feel? How does this person act?
4. When you discover a person in your life is antisocial, stop believing or trusting this person. Take better control of your feelings. Eliminate his or her influence over you.

5. When you see how most people are social, you might realize your world is actually quite safe. You can trust most people. Constantly improve your relationships with all social people.

By following these steps, you will enjoy feelings of joy and relief. You release your success potential and feel new power.

Your Worst Enemies are Stupid-Part Five

In addition to the characteristics described in "Your Worst Enemies" Parts One, Two, Three and Four, another way to identify your worst enemies is by their ridiculous conclusions.

Antisocial Suppressive People (SPs) hide their evil plans and actions with misdirection. They blame incorrect reasons for things. If you examine their logic, it makes no sense, but they somehow make you believe they are right.

Wrong Targets

“The antisocial personality habitually selects the wrong target.” — L. Ron Hubbard

Because you are a social person, you pick correct targets. For example, if you and a friend go to your car and see a tire is flat, you change the tire. Even though this makes you late for an appointment, you don’t kick your car or yell at your friend. You change the tire.

Unfortunately, you see examples of wrong targets every day:

- The driver behind you blames you for making him late for work.
- The patient, who smokes, blames his doctor for his lung cancer.
- A woman, who can’t pay her bills, blames her boss.

Psychiatrists get bad results with patients because they are trained to select suppressive reasons for mental problems. If you believe their stupid reasons, you NEVER improve. They say things like,

- “You can’t hold a job because you have a brain disease. We may need to operate.”
- “Your fears and stress are caused by a chemical imbalance. Just take these pills for the rest of your life.”
- “After hours of evaluation, my associates and I have concluded you’re depressed because you once saw your father’s private part. You’ll need years of weekly therapy appointments.”

Prejudice and biased views are obvious examples of stupid, wrong targets.

- "Gay neighbors are a threat to my marriage."
- "I can't get a job because of immigrants."
- "The _____s are trying to take over our country."

War, murder and terrorism are, of course, wrong targets. Killing people resolves nothing. Yet antisocial people actually claim murder is good. And people believe them! Hitler, of course, was the master of wrong targets. He proclaimed that Jews and other minority groups were the cause of Germany's financial problems, so they needed to be exterminated. Millions of Germans accepted and supported this insane idea. Nazis made them afraid not to support Hitler.

Ten Ways an SP's Stupidity Can Hurt You

1. They blame you for their problems and you believe them. "If you weren't so weak, I'd be much happier right now."

2. When they fail, they use their "logic" to convince everyone they are successful. "Just because I can't pay my rent doesn't mean I'm broke. Just give me $10,000 and I'll give you $20,000 in a few weeks."

3. They love to blame the government for their failures. "Thanks to state law, all restaurants are going bankrupt, not just mine. Yours is next."

4. They target others for their lack of responsibility. "All three of my divorces were caused by their laziness. Anyway, want to go on a date?"

5. If you confront them with their lies, they target you. "How can you say I'm dishonest! That's ridiculous. I'm starting to believe the rumors about you."

6. If you work for the same smart boss, they attack your boss as they're afraid of anyone with power. "We have the worst boss in history. Let's ruin that jerk!"

7. They hurt producers, like you, with stupid rules. "Homeless people must be allowed to sleep on the ground in front of your building."

8. They bring out the worst in you. For example, you get angry and target someone you love, and then realize your mistake. "Hey, I'm sorry I yelled at you and the kids. I've got to get Joe out of my life. He's driving me nuts!"

9. They target your loved ones, your business and even your church. "I'm not sure you should marry that man." "Do you really think people will buy seaweed snacks from you?" "Let me tell you what I've heard about that so-called Church."

10. They use fear to control you. "I'm glad you finally agree with me so I don't have to kick you out of my group. Let's go ruin those jerks, okay?"

Ten Ways Hitting Correct Targets Help You Succeed

Because SPs are bad at hitting accurate targets, they rarely hit correct targets. You succeed when you hit accurate targets like these.

1. Your business succeeds because you find the correct reasons behind your business problems. "We don't have any new customers because we stopped advertising."

2. You help your family members with correct answers. "Hey kids, I think we'll get along better if we play board games after dinner instead of using our devices all night."

3. You make more money. "The problem with my income is not taxes, immigrants or even my competitors. I just need to produce more high-quality services, every day, for a month."

4. You are happier. "That's it on the nightly news! It's why I feel afraid to live in this city. I'm going to plant some flowers instead."

5. You help people with correct reasons. "Joe, the reason you can't find a wife is your fear of rejection. Can I help you? Great. Pretend to ask me for a date and I'll reject you. If we do this enough times, the fear will reduce. Ready?"

6. You have a stronger marriage. "Jeb, we didn't start to argue until my nasty ex-husband started dropping by. Let's not let him in the door again, okay?"

7. Those above you help you succeed because you identify correct targets. "Hey boss, I have some statistics you need to see. I also have a plan that won't cost us a dime."

8. Instead of getting angry, you find the correct problems. "Why won't this door close? Ah, I see. The hinge screws are loose."

9. You can make it on your own. "I'll never start my own plumbing company if I constantly organize. The correct target step is to get new customers. It's time to send emails and make some calls!"

10. You are healthier. "I can't blame my parents for my bad diet habits. After all, I'm 40! Time to accept responsibility and break my sugar habit."

Six Steps to End the Insanity

1. Write down a condition or problem that is not going well for you. Anything at all.
2. Look for potential SPs behind the bad condition. Review "Your Worst Enemies" Parts One, Two, Three and Four to help you identify such people.

3. If you find an SP, handle or disconnect from the SP.

    I. To handle, you can point out their wrong targets. "Oh, c'mon Don. That's stupid. Those guys have nothing to do with our low income."

    II. If you need to disconnect, do it slowly and carefully. "Sorry Don, but we need a new direction here, and may not need your help."

4. If removing, handling or disconnecting an SP is not the solution, look for potential wrong targets

related to the condition or problem you want to improve. "Am I being stupid? Am I selecting a wrong target here?"

5. Find the correct targets behind the condition or problem. How will you know you have the correct targets?

    I. You know exactly what to do to fix the problem.

    II. It makes sense to you and everyone involved.

    III. Most importantly of all, THE BAD CONDITION IMPROVES.

6. Persist until you find the correct target.

The sun will rise, the birds will sing and you will feel terrific.

Psychological Attributes Of Appearance And Reality

The psychological attributes of appearance and reality involve the distinction between how things seem and how they actually are. This distinction is crucial in various areas of psychology, including perception, cognition, and social psychology. Here are some key psychological attributes related to appearance and reality:

1. Perception vs. Reality

- **Sensory Perception:** Our sensory organs can sometimes deceive us. For example, optical illusions show how our visual perception can differ from reality.

- **Cognitive Processing:** The brain interprets sensory information, which can be influenced by past experiences, expectations, and biases. This means that what we perceive might not always align with objective reality.

2. Cognitive Biases

- **Confirmation Bias:** The tendency to search for, interpret, and remember information in a way that confirms one's preconceptions, leading to a skewed perception of reality.

- **Anchoring Bias:** The common human tendency to rely too heavily on the first piece of information (the "anchor") when making decisions.

3. Social Perception

- **First Impressions:** The initial perception of a person can be heavily influenced by their appearance, which might not reflect their true character or abilities.

- **Stereotyping:** Forming an oversimplified image or idea of a particular type of person or thing, which can distort the reality of individual differences.

4. Self-Perception

- **Self-Image:** How individuals perceive themselves, which can be influenced by their physical appearance, societal standards, and personal experiences.

- **Self-Esteem:** The overall sense of self-worth or personal value, which can be affected by the alignment or misalignment between self-perception and reality.

5. Illusions and Hallucinations

- **Optical Illusions:** Visual images that can be perceived differently than they are in reality, demonstrating how our perception can be manipulated.

- **Hallucinations:** Perceptions in the absence of external stimuli, which can occur in various mental health conditions.

6. Reality Testing

- **Psychological Defense Mechanism:** Reality testing refers to the ego's ability to distinguish between the external world and internal thoughts and fantasies. It is a key function in maintaining psychological stability.

7. Philosophical and Developmental Perspectives

- **Theory of Mind:** The ability to attribute mental states to oneself and others, understanding that others have beliefs, desires, and intentions that are different from one's own.

- **Piaget's Stages of Development:** In cognitive development, children gradually learn to differentiate between appearance and reality. For example, during the preoperational stage, children may struggle with understanding that objects can appear differently than they actually are.

8. Media and Technology

- **Virtual Reality**: Advances in technology create experiences that challenge our perception of reality, blurring the lines between the real and the virtual.

- **Social Media:** Platforms can present curated and often idealized versions of life, which may distort users' perceptions of reality.

Understanding these attributes helps in comprehending how individuals navigate the complex interplay between appearance and reality in their everyday lives.

How many failures are a clue to just give up?

The decision of when to give up after a series of failures is a complex and highly personal one, influenced by various factors such as the nature of the goal, the context of the failures, individual resilience, available resources, and the potential for future success. Here are some considerations to help guide this decision:

Factors to Consider

1. Nature of the Goal

- **Achievability:** Is the goal realistic and achievable within a reasonable timeframe?

- **Personal Importance:** How important is this goal to you personally? Is it worth the continued effort and potential setbacks?

2. Context of Failures

- **Reasons for Failures:** Are the failures due to factors within your control (e.g., lack of effort, skills, or strategy) or outside your control (e.g., external circumstances, bad luck)?

- **Learning Opportunities:** Have you learned valuable lessons from each failure that could increase your chances of future success?

3. Resilience and Well-being

- **Mental and Emotional Health:** How is the pursuit of this goal affecting your mental and emotional well-being? Is it causing undue stress, anxiety, or depression?

- **Support System:** Do you have a support system (e.g., friends, family, mentors) that can provide encouragement and assistance?

4. Resources and Investment

- **Time and Energy:** How much time and energy are you willing and able to invest in continuing to pursue this goal?

- **Financial and Other Resources:** Do you have the necessary resources to keep trying, or are you risking significant financial or personal loss?

5. Potential for Success

- **Progress and Improvement:** Are you making any progress, even if it's slow or incremental? Is there

evidence that continued effort could eventually lead to success?

- **Alternative Approaches:** Are there alternative strategies or approaches you haven't tried yet that could increase your chances of success?

Practical Steps to Take

1. Assess and Reflect

- Take time to reflect on your experiences, the reasons for your failures, and the potential for future success.

- Seek feedback from trusted individuals who can provide an objective perspective.

2. Set a Threshold

- Establish a threshold for the number of attempts or a specific timeframe after which you will reassess your efforts and decide whether to continue or pivot.

3. Evaluate Alternatives

- Consider alternative goals or paths that might be more attainable or aligned with your strengths and circumstances.

4. Adjust Strategies

- If you decide to continue, consider adjusting your strategies, seeking additional training or resources, or breaking the goal into smaller, more manageable steps.

Conclusion

There is no one-size-fits-all answer to how many failures are a clue to give up. It depends on a careful assessment of the factors mentioned above and a balanced consideration of your well-being, resources, and the importance of the goal. It's important to stay flexible and open to changing your approach or even your goals based on what you learn from your experiences.

How do I stop thinking for a few minutes, like stop all the voices in my head?

Stopping your thoughts or quieting the "voices" in your head for a few minutes can be challenging, but it is possible with practice. Here are some techniques to help you achieve a calm, quiet mind:

1. Mindfulness Meditation

- **Focus on Your Breath:** Close your eyes and take deep, slow breaths. Focus on the sensation of the air entering and leaving your nostrils or the rise and fall of your chest.

- **Body Scan:** Slowly direct your attention to different parts of your body, starting from your toes and moving

up to your head, noticing any sensations without judgment.

- **Non-Judgmental Awareness:** When thoughts arise, acknowledge them without judgment and gently bring your focus back to your breath or body sensations.

2. Guided Meditation

- **Use Apps or Videos**: There are many apps (like Headspace, Calm, or Insight Timer) and YouTube videos that offer guided meditations to help you quiet your mind.

- **Follow a Voice:** Listen to the guidance and allow it to lead you through relaxation and mindfulness exercises.

3. Progressive Muscle Relaxation

- **Tense and Release:** Start with your toes and work your way up to your head, tensing each muscle group for a few seconds and then releasing.

- **Focus on the Sensation:** Pay attention to the feeling of relaxation spreading through your body as you release each muscle group.

4. Visualization Techniques

- **Imaginary Place:** Close your eyes and visualize a peaceful place, such as a beach, forest, or meadow. Focus on the details, like the sounds, smells, and sights of this place.

- **Guided Imagery:** Follow a guided imagery script or recording that takes you through a calming scenario.

5. Breathing Exercises

- **4-7-8 Breathing:** Inhale for a count of 4, hold for a count of 7, and exhale for a count of 8. Repeat several times.

- **Box Breathing:** Inhale for 4 counts, hold for 4 counts, exhale for 4 counts, and hold again for 4 counts. Repeat several times.

6. Mindful Walking or Movement

- **Slow Walking:** Take a slow walk, paying attention to each step and the sensations in your feet as they touch the ground.

- **Yoga or Tai Chi:** Engage in gentle yoga or Tai Chi, focusing on the movements and your breath.

7. Listening to Soothing Music or Nature Sounds

- Ambient Music: Play calming music or nature sounds and focus solely on the sounds.

- Sound Bath: Attend a sound bath session where you can immerse yourself in the vibrations of instruments like singing bowls or gongs.

8. Mantra Repetition

- Choose a Mantra: Select a simple, calming word or phrase (such as "peace" or "om").

- Repeat: Silently repeat the mantra to yourself, focusing on its sound and rhythm.

9. Grounding Techniques

- 5-4-3-2-1 Method: Identify 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste.

- Sensory Focus: Concentrate on the sensory details of an object you can hold, such as its texture, temperature, and weight.

10. Journaling

- Stream of Consciousness Writing: Write down whatever comes to mind for a few minutes without

worrying about grammar or structure. This can help clear your mind of cluttered thoughts.

Tips for Success

- **Consistency:** Practice these techniques regularly to become more effective at quieting your mind.

- **Patience:** It takes time to train your mind to quiet down. Be patient and persistent.

- **Create a Calm Environment:** Find a quiet, comfortable place where you won't be disturbed during your practice.

Experiment with different techniques to find what works best for you, and over time, you'll likely find it easier to quiet your mind and experience moments of mental stillness.

Life Is Meaningless But We Make It Meaningful

Life has no built-in meaning.

You are not here to figure out what this whole life game is all about, because what it is about is for you to decide.

People waste their lives trying to figure out a hidden purpose or meaning that they are told needs to be found while they're here.

That's so misleading...

What you are here for is to have your own physical human experience your own way.

Your personal reality will look like the way you decide.

Everything you see, hear, touch… everyone around you… it's all neutral, it's not positive, not negative… it's not good or bad.

It all comes down to how you want to perceive whatever you find in your journey, so that you create the life meaning for yourself, and that's when your purpose finds you and not the other way around.

This is all a game you came here to play, for the fun of it.

So don't make a big deal out of it or overcomplicate it.

Just find what matters to you the most listening to your guiding inner voice that is your heart and soul and make your life all about it.

Act on your highest passion, forget about the outcome and always try to see the positive side of everything that happens in your life time.

As long as you choose love over fear in every action, you'll be alright and your journey will be meaningful and fulfilling.

What should I do until I turn 30? I'm 22 years old.

1. **Figure out what matters to you the most.** What do your heart and soul smile at?
2. **Just focus on doing that without even thinking about the outcome**. Just for the fun of it. Just because it is what's aligened with who you really are and makes you happy.
3. **Whatever happens next, see it always in a positive way**, like it's all happening to benefit you. Like it's all part of the journey you're here to fulfill.
4. Repeat 2. and 3. while you feel it and when you don't feel it anymore, go back to 1.

It should actually be that simple.

Don't overthink it or overcomplicate it.

Listen more to your intuition and less to the analytical mind that wants to control everything.

Don't listen to other people's opinions about how you have to live your life.

Make it all about doing what makes you feel good and surrender to the natural unfolding of events while you're doing that.

And don't just do it until your 30. Why stop if you're doing what matters to you and making the most out of your lifetime?

Why is it so hard for me to take care of myself?

If you're like me, you've always put other people's well-being first, so you're not used to focus on yourself in that sense.

It can be because you just don't have the habit and haven't developed the practice since you've been focused on others, but usually that kind of behavior goes way deeper and happens because you don't love yourself enough and you think you're not worth being taken care of.

So the starting point to being able to take better care of yourself is to start loving yourself more so that it leads to you having the actual need of doing it.

When you love a partner, a friend, a relative, your first instinct is to take care of them if they need you, right?

Well, it needs to happen with yourself in the same way.

You're the person that's going to be with you your whole existence, so you should start getting along with that person as soon as possible, since the longer you put that off, the more detached you're going to feel from yourself, which means you won't make time for you at all.

So, I'd really suggest you spend more time alone with yourself, doing stuff that makes you feel good. Make yourself something nice to eat, watch a movie you love, go on a trip by yourself, meditate…

Also, whenever you do something wrong or fail at something, don't beat yourself up, understand that it happens and encourage you to be better next time, but doing from a place of love, like you would if it were your best friend.

The key to a meaningful and fulfilling journey is self-love.

We neglect it and focus on all the other things, but if that aspect of our lives is not taken care of, it's going to affect what we do, how we do it and how we interact with others.

Love yourself, hug yourself, encourage yourself, tell yourself how much you love yourself, but really mean it and feel it.

The moment you start doing it, you'll see how your whole life changes for the best.

Why Do Some People Need for Their Family's Approval?

Why do some people feel the need for their family's approval in order to be true to themselves, while others do not require everyone's approval to live their lives?

I'm sure there are other factors that also play a part on this behavior, but mainly...

If you seek external approval to be yourself, it most probably is because when you were a child they somehow

made you think you weren't enough and you needed to play a character and be someone else to be enough for them.

If, on the contrary, you don't have any trouble expressing and being yourself no matter what others may say or think about you, that's because you had a healthy childhood where you were allowed to be who you really are without any conditions or limitations from your parents, family, teachers or friends.

Unfortunately, most of the living human beings on this planet are closer to the first description that to the second one.

And that's why therapy is on high demand these days, since people have realized they have been a life that doesn't fit them, that they have been playing a part depending on who they had in front of them or the situation they had to deal with.

I'm telling you by experience, since I'm on that self-discovery journey myself trying to heal by changing my own childhood imposed beliefs and conditioning that have been setting me far apart from my true self my whole life.

If you feel you need other people's approval to life your life, you may have internal emotional wounds that need to be healed, so that you can let go those beliefs that are not letting you be yourself.

You can start by trying to be more self-aware whenever that emotion of not being enough and having to ask for approval arises, and when that happens ask yourself: "What

belief would I have to have about myself to feel this I'm feeling right now?".

The moment you identify that specific belief, you can see how it's not aligned with who you really are and you can just let it go, because it doesn't belong to you anymore.

Do it every time you feel obliged to be someone you're not or ask permission to be who you really are, and with practice the belief will slowly fade away and you'll be finally free to just express yourself as you please giving zero Curse about what others may think or say about it.

You are enough, as you are right now. That's a fact nobody can dispute.

Practical Superpower Or Ability In Real Life

Can you imagine a life where no matter what happens and no matter what they say, you keep going without even being affected by it and move on with your life, happily doing whatever matters the most to you and makes you feel good, and enjoying the journey to the fullest?

Well, there's a powerful combo of skills that will make that happens and will turn your life into a much more peaceful, fun and fulfilling experience.

Self-awareness + self-love.

The first one helps you better understand what's going on inside of you and where it all comes from (feelings,

thoughts, emotions, trauma, …) and also makes you much more perceptive with the outside (what's going on around you, what people do, why they do it…).

And the second one is key so that nothing inside or outside can affect you in any way, because when you practice loving yourself every single day, you feel you're good enough no matter what, so you can make the most of whatever it is that's going on at every moment.

There are lots of abilities and skills you can practice and master and they will help you navigate through life easily and more successfully, but I really think that these two should be the base for anyone to start with.

We all live on autopilot most of the days. We do the same stuff, we go to the same places, talk to the same people, react in the same way when something happens…

The moment you start being much more conscious about what happens around you and how you respond to that, everything becomes more clear and you can almost see things in slow motion from a higher perspective, like you're outside of yourself.

That gives you a sense of peace and harmony with the world that makes everything much more fun and meaningful, since you are in charge of your own life and you decide consciously how it plays out.

It's like suddenly you see life in HD and everything finally makes sense.

And when it comes to self-love, the moment you understand you're the only person that's going to be with

you during your whole living existence, you start to take good care of yourself and put yourself first, and when that happens, nothing or nobody can hurt you since you know you're enough because you feel it deep inside.

You become bullet-proof and you won't let anything or anyone mess with you and your feelings anymore.

For me, learning these two abilities, has been life-changing.

Self-awareness is much more easy to practice and master, since self-love comes with a lot of emotional attachments, childhood trauma and conditioning beliefs that can be hard to remove and overcome.

But let me tell you, master these two and you're free as a bird.

Hazrat Ali (peace be upon him) said: He who knows his self knows God.

Power Is in the Present

Do you constantly think about the future? Does tomorrow seem uncertain or scary? Are you worried how things will turn out?
Do you dwell on old decisions? Do people from your past still affect you? Are you constantly thinking of accidents, attacks or injuries?
If so, you might feel a little nutty. You are missing the parts of life that are happening right now!

Instant Sanity

When you are in good condition, you are focused on the here and now. You are aware of the present. Your thoughts and attention are neither in the past nor in the future.

"The very, very sane confront the present entirely and have very little concern for the future, being competent enough in handling the present to let the future take care of itself." — L. Ron Hubbard

The purpose of the slideshow (above) is to help you shift your attention into present time and stay there whenever you like. No matter what is going on, you master the skill to make yourself sane, smart and happy.

The more you focus on present time, the easier it gets. At first, your attention may only be in present time for a few seconds. But each time you use that tip, you stay in present time for a few seconds longer and then a full minute, and then even more.

Once you are focused on present time most of the time, you become unstoppable! You start completing difficult tasks and important duties more easily. You discover new solutions to old problems. You bring out the best of YOU exactly when YOU are needed.

Recommendation

Set a goal to live in present time.

Work on it every day or every hour and you experience steady progress.

You can snap your attention into the present with just a quick decision and enjoy that state of mind for longer periods of time.

Reaching this goal may be easier than you think.

To be happy, powerful and successful, you need to focus on present time. You need to BE in present time. Try each tip to see which ones work best for you. Repeat them to constantly sharpen your present-time focus and power.

1. Look Around

Focus on the present time moment by looking around you. Look up, look down, look all around.

Notice how everything you see is in present time.

Look around you as if nothing else exists. There is no past, no future, no thinking, just present time.

2. Take One Step

You make better progress toward a goal by looking at the step in front of you. Focus exclusively on this single step.

Do not think about past steps. Ignore the next steps. Don't think about the goal.

As you do the task, think about nothing else. Give it 100% of your attention.

3. Do Nothing

Focus on the present by doing little or nothing at all. Just stop all activity and relax.

Do not think or plan. Do not remember anything. Have no emotion.

Simply experience the present moment as it is.

4. Lighten Up

Don’t be so serious.

Disconnect from the past. Don't worry about the future. Just have fun and you'll be in present time.

Life is just a game. Be here now and play it to win!

5. Be Here, Not There

Do you wish you were somewhere else else? If so, this causes stress for you.

Change your mind and decide it's completely okay with you to be right here, right now.

The stress and desire to be elsewhere vanishes once you move all of your attention into present time.

6. Listen to Silence

Pay attention to the quiet spots between sounds. If your space or mind is full of noise, notice the moments of silence that are also in there.

Silence is in present time. When you hear it, you are also in present time.

With practice, the silence becomes interesting and soothing. You are then in present time.

7. Tidy Up

The physical world is always in the here and now. You enjoy it more when it is clean and orderly.

Spend some time with your possessions. Wash them, organize them and get rid of all clutter.

Totally immerse yourself into the physical universe and enjoy the present moment.

8. Watch the Parade of Time

Instead of you moving through time, sit in present time and watch the world move in front of you.

Pretend you are a king or queen sitting on your throne. Everything and everyone parades in front of you. You simply sit on your throne in present time.

As the king or queen of your world, you observe and interact with these life activities, as you wish. Your position in time is always NOW.

9. Forgive, Forget, Move On

You may feel negative emotions from memories of people who made you angry, sad, fearful or apathetic.
If you forgive these people, privately to yourself, you can free yourself from their influence. You can take one simple step to eliminate the negative feelings.
Mentally forgive them and wish them well so you can move on to a better life in present time.

10. Get Closer to Nature

Everything in nature, including all animals and plants, are always in present time.
They are not burdened by emotional baggage, worries about the future or obsessive thinking.
Watching, enjoying and interacting with nature is a wonderful way to bring your focus into the present and improve your mood.

11. Get Someone Else Into Present Time

The moment you help someone focus on present time, you magically arrive in the present moment, as well.
Three examples:
1. "Jill, did you notice the sky? What color IS that?"
2. "Hi Jack, I like that tie. Does it feel like silk?"
3. "Okay, team. Let's wake up now. Everyone clap five times. Good. Do it again but LOUDER!"

12. Use Your Senses

Use any of your senses to get focused on present time.
For example, eat a delicious, healthy snack. Carefully taste it. Savor each individual flavor. Slowly chew and swallow it. Enjoy everything about it.
Listen to sounds, focus on smells, feel objects, gaze at objects, enjoy everything around you.

13. Remind Yourself

Set up a phone or computer notification to remind you to focus on present time. It can be every hour or at random times.

Have it ask you, "How am I doing?" or "Where is your attention" or "Hey Joe! Focus on present time buddy."

A regular reminder can be a terrific way to master this skill.

14. Turn Boring Waits Into Joyful Experiences

You can enjoy waiting in traffic, waiting for your turn and waiting on others if you turn them into present-time opportunities.

When you have to wait, look at the world as if you are seeing it for the first time. Persist until you feel wonderful. Use this with all tedious tasks, like recovering in bed, exercising or sitting in a boring meeting. You may never be bored again.

15. Forgive Yourself

If your attention gets stuck on a mistake or bad act you have done, forgive yourself.

Say to yourself "I made the best decision I could, at that time. I did what I did. I have no excuses. I forgive myself."

Decide what you will now do differently. Focus on present time and do it.

16. Remove Your Hats

You wear many hats: work hat, home hat, parent hat, party hat, cleaning hat, financial hat, etc.

If you wear a hat or two that are not needed right now, you lose your focus.

To focus on present time, wear just ONE hat at a time.

17. Get Physical

Do something that snaps you into present time.

For example, a cold shower, rock climbing, practicing a sport, performing a difficult procedure, playing a musical instrument, speaking to a group, Samurai sword fighting, etc.

Immediately after the activity shifts your attention in the present, keep it there for as long as you can after the event is over.

18. Heart and Lungs

Concentrate on your breathing or heartbeat or both. After several minutes, your attention arrives in present time.

If your mind wanders off, refocus on your breath or heart. This method works not because of some magical quality, but because your body is always in the present.

19. Respond with Sanity

Most people automatically react to bad things that happen to them. They back away in fear, get angry or feel crazy.

So when you are faced with a difficult situation, quickly focus on present time. Instead of allowing a negative emotion to take over, say to yourself, "Wait! I need to focus on present time before I act."

As a result, you are calm and alert. You deal with the situation in a positive, sane way.

20. Solve a Problem

When you are not sure what to do about a problem, take a break. Focus your attention on present time instead.

Enjoy being in present time. Avoid thinking. Don't worry. A terrific solution appears on its own.

Imam Khomeini Quds Surah Al-Sharif said: The standard of correctness and error is the present time of man.

Focus Power, Part One

What makes you perform at your peak? What makes you happiest? When do you do your best?

"Happiness is power, and power is being able to do what one is doing when one is doing it." — L. Ron Hubbard

When you do what you are doing when you are doing it, you are focused. Your attention is in present time. You are aware of yourself and everything around you. Your mind is "in the game."

When you are not focused, daydreams and distractions ruin your job performance. You go on automatic and make mistakes. Because you are not giving your best, you produce less.

Most people do not focus very well. For example, when they drive cars, they think about other things. They do not see potential problems up ahead. Their reaction times are slower. According to police, inattention is the primary cause of auto accidents.

The ability to devote 100% of your attention to a task is difficult, at first. But if you work on it, and improve your focus, your performance quickly improves.

Best of all, when you start to live your life in the present, with little or no attention on the past or future, you feel more alive. You have more power and you are happier.

Demonstration

To show you how this works, concentrate on the period at the end of this sentence and nothing else for five seconds.

Can you do it for five seconds? Fifteen? Can you do it with absolutely no other thoughts? Imagine being able

to focus all of your attention on everything you do as you do it. This is power!

The new *TipsForSuccess* Focus Workbook includes dozens of exercises you can use to boost your focus.

Why Does this Work?

Staying in present time unleashes extra amounts of natural ability. For example, as you prepare to leave on a vacation, you zero in on specific tasks and quickly get them done. On the other hand, when you only daydream about a vacation, you slow down and become less effective.

As another example, you handle conversations much better if you stay in the present. People feel you understand them when you are doing nothing but listening to them. You are not thinking about other people, preparing your responses, worrying about the other person's opinions of you or anything else. You are focused.

The sharper your focus, the greater your power. Even more amazing is that you are also happier.

Five Tips for Your Success

While the *TipsForSuccess* Focus Workbook gives you dozens of ways to improve your focus, these five tips can get you started right now.

1. Do a simple task at your desk such as clear off some paper or write a note. Do this right now. Do absolutely nothing else when doing it. Practice this until your attention is more in the present than ever before.

2. The next time you are talking to someone, give him or her 100% of your attention. Think of nothing outside of the conversation. Notice the person's reaction.
3. The next time you drive your car, do what you are doing when you are doing it. Don't listen to the radio, talk on your phone, eat a snack, think about work or do anything besides drive. Extend your focus all around your car. Notice the difference.
4. Next time you kiss or hug someone, think of nothing else besides giving the kiss or hug. Really do what you are doing and give the person 100% affection. Try this with your spouse to see a great reaction.
5. At your job, spend a complete hour doing absolutely nothing but work. Do exactly what you are doing when you are doing it. Ignore other thoughts, other acts and other tasks. Take no breaks. Do nothing but work.
When you are focused on present time, your "head is in the game," you "seize the day" and are "in the zone."
Read "Focus Power, Part Two."

Focus Power, Part Two

Getting Focused is Not Always Easy

Almost everyone in this world is stuck in a cloud of distracting memories, thoughts and illusions. This cloud prevents them from focusing on present time. It makes them dull, tired, irrational, stressed out, afraid, unsatisfied and miserable.

By working on this important performance skill, you can sharpen your focus and operate at a much higher level of success.

For example, you are talking to an important person who has blonde hair. Your mind automatically shows you pictures of people you have known with blonde hair including someone who are a a total jerk to you. Within seconds you feel slightly angry toward this important person. You do not realize how you are being distracted . . . until you get focused. Once you do that, you suddenly feel cheerful and carefully listen to the important person. He or she likes you a LOT more.

As another example, you are worried about money. It's all you think about, all day long. "I need some money." "I can't pay my bills." "I'm failing." "I'll be homeless." "No one will ever give me a loan." "I'm a loser." "I can't even buy good food." Your constant worrying prevents you from being focused on your work or opportunities, so you never make much money.

However, if you constantly work on this skill, your personal power becomes greater than the influence of these ten barriers.

Top Ten Barriers to Focusing

Whenever you try to focus on what you are doing, you can become distracted by any of these ten problems.

1. Body problems (illness, injuries, pain, hunger, lack of sleep)

2. Unpleasant memories, losses and mistakes from the past

3. Worries about the future
4. Self-criticism
5. People who dislike you, criticize you or oppose you
6. Ego (need to be right, to hurt someone to be superior)
7. Negative emotions (anxiety, anger, fear, sadness, shyness, etc.)
8. The news media
9. Chemicals (recreational drugs, alcohol, medications, etc.)
10. Threats (from people or the environment)

Fortunately, you can take command of your attention and focus despite these barriers

Benefits of Sharpening Your Focus

1. You think faster and with more clarity. You are more alert.
2. You have more attention available to work on your goals.
3. You make terrific decisions, find great solutions and have bright ideas.
4. Emergencies are easier for you to handle as you are not distracted by memories or imagination.

5. Your reaction time is faster. For example, your performance in sports, video games and races improve. You live "in the zone."

6. Your relationships improve as you deal with people as they are right now, not how they were in the past or how you hope they will be in the future.

7. You notice more detail in every moment. It's like cleaning filthy sunglasses. For example, during a meeting you notice tiny reactions in others that are easy to miss. As a result, you say or do the right things. You also do them immediately instead of later realizing what you should have said ("Oh no! I should've said . . .").

8. People naturally follow you. Your plans make more sense. You get more cooperation.

9. You see opportunities that others miss, and you act without hesitation, greed or fear. You are a better investor.

10. You feel fresh enthusiasm for your goals and purposes. You have a sharper vision of where you are going, but you focus on the only step that matters: the single one in front of you.

How Being Focused Helps You Earn More Money

What do you do that makes money? How could more focus help you increase that income?

Let's say that you and Bob want the same thing from Cheryl (a sale, a contract or a promotion). Cheryl wants

to interview you both to see who she will pick. Bob's interview is normal. They chat, discuss Cheryl's needs and what Bob can do for her.

You then meet with Cheryl and get focused. You pay close attention to what she needs and wants. You present your service or product in a way that meets every detail of what Cheryl needs and wants. You also have a more professional presence, which impresses Cheryl.

Naturally, Cheryl picks you for the job and your income goes up.

- If your job performance improves, you earn more pay.
- If you focus on your staff members' success, you earn more money.
- If your business is more focused than ever, your business makes more income.
- If you use your focus with everyone around you, they are happier to give you money.
- If you are focused while looking for opportunities, you jump on the ones that may make you rich.

All you have to do is do what you're doing when you're doing it.

Three Ways to Handle People

Your sister has a serious drinking problem which is ruining her life. Her husband left her and her children are being neglected. You and your other family members decide to meet with her to get her to stop drinking.

Your brother wants to use "tough love." He thinks everyone should be mean to her and criticize her, ". . . for her own good."

Your other sister wants to force her into a rehab program. She wants to find someone who will come kidnap her. She says, "Maybe if they give her some kind of an injection, she'll go quietly."

You don't feel comfortable using either approach and feel there must be a better way. You want to give your sister the power and confidence she needs to stop drinking.

Three Methods

To understand the three ways to handle people, read these three definitions:

1. Enhancement: to improve or make greater
2. Domination: to control with authority or power
3. Nullification: to make something invalid

Mr. Hubbard writes:

"The methods of handling others could be assigned to three general categories. The highest category would be one of enhancement, where the individual seeks by example and good reasoning to lift the level of those around him to the point where they will partake of the projects of living with him."

"The second category would be that of punishment drive, or domination. Here the individual uses alarm, threats and the general promise of pain unless compliance is given by the others around him."

"The third category is that of nullification, wherein the individual seeks to minimize individuals." "This category would rather see a man sick than well,

because sick men are less dangerous than well men, according to the 'thinking' that takes place on this band." — L. Ron Hubbard from the book, *Science of Survival*

For example, if you have a boss that manages you with the NULLIFICATION method, he wants you to be a slave. To make you feel you are nothing, he says, "Sometimes you're as stupid as a bag of hammers." The less alive you feel, the less of a threat you are to him, and the more easily he thinks he can control you.

If your boss uses the DOMINATION method, he wants to overpower you. He says, "Get your work done by noon or you're fired!" He might also lie and say, "I can't afford to pay any bonuses this year." He wants you to feel afraid of him, at all times.

A boss that handles you with the ENHANCEMENT method lifts you up. He sets an excellent example. He explains things to you. He makes you want to work. He says, "Let's make this one of our best days ever, okay?" "I can get 50 files done in a hour. Can you?" "If you get the project done before you go home, I'll bring us donuts in the morning!"

Tough Love

"Tough love" is not loving. It includes NULLIFICATION. "We love you, but you're a total idiot! You've ruined your life and your kids' lives. If you don't change, we're never speaking to you again!"

Trying to change or improve someone with DOMINATION or force always backfires. For example, if you force your alcoholic sister into a rehab program against her will, she might cooperate at first. But sooner

or later, she will rebel and either drink more than ever or refuse to speak to you again.
The staff of "boot camps" for difficult children say that they force kids to straighten up. Their "therapy" includes beatings, sleep deprivation, emotional abuse and public humiliation. However, these domination and nullification approaches do not work. In fact, the U.S. Justice Department reports these boot camps are as bad as prison, and that none of the children get better and many get worse.

True Love

To help your sister with the ENHANCEMENT method, have the intention is to improve her perception of the world; to increase her own control and responsibility for herself and her family; to help her live a better life. You use reason, respect and admiration.
You communicate. You have unlimited patience. You are friendly and optimistic.
"I love you and want to help you be happier and healthier. I'd like to help you be a great mother again. Can we have a private dinner tonight and just talk?"
You use logic. You carefully point out the good and the bad. You work out plans that your sister agrees to do.
For example, you start taking vigorous walks together. You talk on the phone each day. You have family events each month.
Even when she fails, you continue to try to help her, even if it takes years. You never punish or criticize her. Your love is stronger than the obstacles she faces.

She eventually recovers because you find and strengthen the good in her. You bring her up to your level and she decides to stop drinking and succeed.

Exercises

1. Imagine how your life would be if everyone handled you with enhancement, not domination or nullification. Imagine how your family would be.
2. Imagine how your work would be if everyone there handled each other with enhancement and not domination or nullification.
3. Imagine a country where the government handled its people and other nations with enhancement, not domination nor nullification. What would the world be like if everyone did this?
4. Notice how people around you handle others. Do they try to nullify people? Do they dominate them? Or do they enhance them?
5. Notice how you handle others. Do you ever feel like nullifying people? Do you try to dominate certain people? How often do you handle others by enhancing them? What is the result?
6. Use enhancement as your main method of handling others for a few days. Use good reasoning and communication to get others to join with you. Even if you do not see immediate results, persist.

As a result, you will set a good example. You will help others succeed. They will support you and appreciate you.

You will make a giant leap toward your ultimate success.

How to Handle Difficult People

A bully at your work is difficult for you to face. He is demanding you do part of his job without pay or credit. How do you handle it?

Your neighbors are constantly fighting. They wake you up in the middle of the night with their screams and curses. What do you say to them?

Your father is unhappy about your career choice. He constantly criticizes your work and points out what he thinks you should do. How do you deal with him?

Difficult situations are part of everyone's life. Employers and employees can't get along. Partners clash over money. Spouses cannot resolve disagreements.

If you ignore these situations, they always get worse. Employees get fired, partnerships and marriages break up, everyone is miserable.

Waiting and worrying, the most common "solution," also allows the problem to get worse while giving you stress and shortening your life span.

If you attack the person, at least you are trying to fix the problem. But attacks, rage or irrational anger gives you a bad name, makes people afraid of you and reduces honest communication.

Disconnecting from the problem or from the person is not always wise or practical. Losing employees, supporters and friends because you needlessly disassociate from them may reduce your stress, but you might also become lonely and poor.

The Best Solution Is to Confront and Handle People

"The ability to stand up to and confront and handle whatever comes the way of the organization depends

utterly on the ability of the individuals of the organization to stand up to, confront and handle what comes the individual's way." — L. Ron Hubbard
When you face and resolve the problem yourself, you feel wonderful. You are in control of your life. You not only conquer the opposition, you conquer your fear. Few accomplishments are more satisfying than confronting someone who is difficult to face and handling the conflict.

How to Confront and Handle Them

By getting organized and working out a plan of action, confronting and handling people becomes much easier. The key is your preparation.
"THE SUCCESS OF ANY EVENT IS DIRECTLY PROPORTIONAL TO THE TIMELY PREPARATION." — L. Ron Hubbard

Seven Steps

Follow these seven steps to prepare and deal with the difficult people in your life.
1. Make the decision to face up to the person directly and by yourself.
2. Write down the exact problem you need to handle and your goal for the confrontation.
Examples of problems to be confronted that you might write down:
"Joe is refusing to pay me despite our agreement."
"Chris is hurting office morale and causing me stress with her continual complaining."

"Bob is supposedly telling people that my work is inferior and I am dishonest."

Once you specifically name or identify the problem, write down a goal for the meeting. "By the end of the meeting, I want …."

Examples of goals or objectives you might want as a result of a confrontation:

"Joe pays me in full."

"Chris stops complaining or leaves."

"Learn the truth about Bob's comments and if true, get him to stop it."

In some cases, your objective may also state:

"Figure out if I want this person as a partner/employee/boss/friend."

3. Write down a plan or list of points you need to make to support your goal.

Write down the facts, reasons and explanations you may need the other person to understand. List the points in order of priority or importance.

For example, to get Joe to understand why he must pay you, you might make these points:

A. Joe requested the service.

B. Joe signed an agreement to pay for the service.

C. We provided the service as promised.

D. Joe was happy with the service.

E. Etc.

4. Write down objections, reactions or disagreements the other person may have.

Include everything you are afraid might happen during the meeting. Putting specific concerns and fears in writing reduces their impact on you.

For each objection, reaction or disagreement you expect will happen, write a solution of how you will deal with each.

5. Organize your notes and gather supportive documents.

6. Arrange the meeting where you will not be disturbed, preferably in a space you control.

7. Start the meeting.

A. Look the person directly in the eye.

B. Explain the specific problem you want to resolve as you noted in Step 2.

C. Go over your first point on the list from Step 3.

D. Listen carefully to the other person and make certain they feel understood.

E. Hold a position on your points.

F. Use your solutions to their reactions as you worked out in Step 4.

G. Continue describing your points and listening to the person's side.

H. Do not give up. Communicate and persist for as long as it takes to reach your goal.

The more frequently you confront and handle difficult people, the easier it becomes. The amount of time it takes to prepare for a confrontation decreases. You become strong and tough.

When you confront and handle everyone around you, people respect you for your courage, your honesty and your control. Your associates, employees or coworkers follow your example and become more productive. Your enemies either become harmless or become friends.

Taking positive organized action, despite fear, is the kind of courage all successful people must have to succeed.

How to Be a Great Person

Although religious leaders may disagree with each other, they all agree on one important principle for living your life.

You might find this principle difficult to follow. For some, it may be nearly impossible to live this way. Yet, when you use this rule in your life, you earn the most wonderful gifts in the world.

Not only does this advice make you happy, it lowers your stress, boosts your intelligence and increases your courage. It truly helps make you successful.

"What Is Greatness?"

"The hardest task one can have is to continue to love his fellows despite all reasons he should not."

"For the one who can achieve this, there is abundant hope.

"For those who cannot, there is only sorrow, hatred and despair. And these are not the things of which greatness, or sanity or happiness are made.

"A primary trap is to succumb to invitations to hate.

"Never use what is done to one as a basis for hatred. Never desire revenge.

"It requires real strength to love man*. And to love him despite all invitations to do otherwise, all provocations and all reasons why one should not. (*Man: mankind; the human race.)

“Happiness and strength endure only in the absence of hate. To hate alone is the road to disaster. To love is the road to strength. To love in spite of all is the secret of greatness. And may very well be the greatest secret in this universe.” — L. Ron Hubbard from “What is Greatness?”

Examples

1. As soon as you arrive at your family’s holiday party, your stomach twists when you see your Aunt Jane. Ever since you were young, Aunt Jane has criticized you. “What’s happening with you? I can’t believe you are failing. You have such potential!”

If you had known Aunt Jane would be at the family gathering, you would have found an excuse to miss it. You see her and want to leave. But she sees you and yells, “There you are! Have you been avoiding me?”

You decide to be a great person and love your Aunt Jane despite all reasons you should not. As you hug her, you notice she is now in her 70’s. You suddenly realize she hasn’t criticized you for more than 20 years. You are surprised to find you actually do love her.

2. You are going down the road enjoying the drive when some idiot cuts in front of you. You slam on the brakes to avoid an accident. You send him a mental curse and hope he has a rotten life.

You notice you feel rotten. You blame the other driver for this feeling and start driving recklessly yourself.

But then you think, “Hey! I don’t want to hate anyone. I’m going to love that guy.” You change your attitude and

feel a little understanding for him. You think, "He must be late for work" and you wish him well.
Within seconds, you feel better and forget about it. You go back to enjoying your drive.
3. A few years ago, you and your friend Peter bought a small van. He used it during the day to make deliveries from his flower shop and you used it at night for your Uber gig.
One night, you notice the van is missing. You call Peter who says, "Oh, sorry, I forgot to tell you that I sort of rented it to this guy. I mean, uh, well, I sold it because I had to pay off some bills. I think you owe me some money anyway, so I think we should call it even."
You say, "I can't believe this! You sold our van? You really did it this time Peter!" You hang up and vow to never speak to him again.
You plot your revenge. You'll spray paint his windows. You'll steal his bike. You'll spread rumors about him.
Every time you think about Peter and the van, you get upset. Even two months later, you still feel hatred. It ruins your mood every day.
But then you learn about becoming a great person. You decide to love Peter despite all reasons you should not. After a few days, you decide to call him.
As soon as Peter hears your voice, he says, "I'm so glad you called! I'm so sorry about that van! I truly regret selling it without talking to you."
You say, "Don't worry about it. I'm sorry our arrangement failed. Good luck Peter."
The van memory stops hurting you. People like being around you again. You feel great!

Five Ways to Become a Greater Person

1. Take a few minutes today and try loving everyone around you. People in your family, neighborhood, workplace, everyone. Love them for no reason. Why not?
2. Whenever someone tries to get you to hate him or her, refuse to play the game. Who needs more enemies? Instead, generate some love for the person, even if only a small amount.
3. Make yourself tougher by loving difficult people. You can certainly love people without letting them control you. In fact, it's easier to face and handle difficult people, if you love them.
4. Eliminate revenge as a purpose in your life. Who do you want to get even with? Change that intention into something positive. Wish them well and see how you feel.
5. Finally, improve your mood by loving people. Whenever you feel depressed or desperate, find people to love. You don't even need to see or talk to them, just love them.

"To love, in spite of all, is the secret of greatness. — L. Ron Hubbard

Does Money Control You?

Are you controlling money or is money controlling you?

10 Signs Money Is Controlling You

1. You constantly worry about having enough money
2. You often wish you could buy more things

3. Your only goal in life is to get rich, but you have no realistic plan
4. You spend money to feel better
5. You blame others for your financial problems (government, boss, spouse)
6. You judge people based on the amount of money they have
7. You lie, cheat or steal to get money; even a little lying or cheating shows money is controlling you
8. You take unnecessary financial risks
9. You use credit to buy things that decrease in value, such as expensive cars or expensive clothing
10. Money controls your mood—you feel good or bad based on your finances

10 Signs You Are Controlling Money

1. You decide to buy something, save the money, and get what you want
2. You buy things that increase in value
3. You invest in yourself, such as more education or personal improvement
4. You donate to causes you believe in, even if just small amounts
5. You keep your financial agreements
6. You have good credit

7. You pay your taxes
8. Cheating you out of your money is very difficult
9. Each year, your earning power improves and financial worth increases
10. You use money as a tool to follow your dreams and reach your goals

Five Ways to Take More Control of Money

1. Spend your money according to a plan.

"THE LESS AMOUNT OF INCOME AN ORGANIZATION OR AN INDIVIDUAL HAS, THE MORE CAREFULLY AND WISELY FINANCIAL PLANNING MUST BE DONE." — L. Ron Hubbard

If you spend money as you get it, or to pay off squeaky wheels, you have no plan. You spend a few bucks here and a few bucks there until your money is gone. Instead, take control and write a financial spending plan. Decide in advance how you will spend your money.

When you plan your spending, you make better decisions. Examples: "If I buy these extra classes, I'll get a raise." "I want a new car and will set aside $60 per week until I have the full amount." "If I pay off this credit card with the minimum payments, it'll take me 23 YEARS to pay it off! I'd better pay $100 extra each month and cut the stupid thing in half!"

2. Never spend more than you make.

"Make all the money you can. Spend less than that. That's the simple ABC of financial control." — L. Ron Hubbard

When planning your spending, ensure you follow the above rule. For example, "Each week I will set aside $_____ for the house, 10% to education, 5% to savings, pay current bills and buy food. Anything left can be spent on fun things like movies and vacations."

3. Stop wasting your time trying to get money without earning it.

"One has to produce something to exchange for money." "One exchanges something valuable for something valuable." — L. Ron Hubbard

Do not gamble, play the lottery or try to cheat others. Do not wait for your fortune to arrive or expect someone to hand you money. Count only on yourself.

Get rich the old reliable way. Create something valuable and exchange it for the money you want. You deserve it, because you earn it.

4. Increase your productivity and improve the quality of your work.

"Produce in abundance and try to give better-than-expected quality." — L. Ron Hubbard

For example, if you give haircuts for a living, find ways to make your customers' hair look more beautiful. If you fix furnaces and usually fix two per day, figure out how to fix three furnaces per day . . . and then train and manage other furnace-repair people.

5. Make constant, steady progress.

"THE TOTALITY* OF POWER IS ORDERLY PROGRESS." — L. Ron Hubbard *(Totality: quality or state of being total or complete.)

Keep track of your financial progress. For example, make a graph showing your total debts and total savings. Then

make sure your savings go up every month and your debts go down every month, even if just a little bit.
When you know you are steadily improving your financial condition, you are controlling it.
Once you are in control of money, you can focus on your more important purposes.

The Unstoppable Power of Orderly Progress

Five Questions

1. Do you ever get frustrated with your lack of success?
2. Instead of going through all the steps necessary to reach an objective, do you try to jump ahead?
3. Do you ever feel overwhelmed with no idea of what you should do?
4. Do you feel you are stuck or failing? Working hard but going nowhere?
5. Are you simply dissatisfied with your progress in life?

You can resolve each of these conditions with one solution.

One Solution

"THE TOTALITY OF POWER IS ORDERLY PROGRESS." — L. Ron Hubbard

If you felt like you were in total power, because of your orderly progress, what might you say?

Seven Attitude Examples

1."I make precise plans."
2."I take one step at a time."

3."I make constant, steady progress."
4."I persist for as long as it takes."
5."I am calm and patient at all times."
6."I know exactly where I am going."
7. "I never give up, even for a second."

You make daily progress in specific directions. Your progress is organized and precise. Nothing stops you.

You are like a mountain creek wearing down a giant boulder. You work on that boulder every day for millions of years and you conquer the rock. You have powerful, orderly progress.

Ten Recommendations

1. Constantly increase your knowledge. Every day, learn something useful.
2. Practice a small part of one skill again and again until perfect.
3. Spend five minutes each day replacing a bad habit.
4. Start each day expecting a bit more from yourself than you accomplished the day before.
5. Invest a little more each month into your savings.
6. Work a few minutes longer each day.
7. Face your fears with a little less hesitation and a little more courage.
8. Push yourself to do a better job, no matter what you are doing, at every opportunity.
9. Sharpen your focus on your immediate action steps.
10. When you feel stopped, take tiny orderly steps toward the end result you want. The stops will eventually vanish so you can then take giant steps.

Enjoy the power!

How to Control Your Life (1)

Control Part One: Five Facts about Control

Like money or nuclear power, control can be used for good or evil. You can use it to harm, suppress or destroy lives. Or you can use it to help people, increase your income and improve the world around you.

Negative, destructive control gives control a bad name. Yet positive, constructive control is essential to successful living. When you are in control, you make progress, enjoy your work and achieve success.

Taking better control of yourself, your time, career, business, equipment, relationships, family, property, habits and so on, is much easier when you understand and apply five facts about control.

Five Facts about Control

1. Control is the biggest difference between success and failure.
2. Control consists of three parts: Start, Change and Stop.
3. Your control problems are based on your weaknesses with starting or changing or stopping.
4. If you try to control people or things outside your sphere of operation, you fail.
5. To succeed, you must let others control you.

Each of these facts are covered in five separate articles. In this first article, we cover the first fact.

1. Control Is the Difference Between Success and Failure

"What is control?

"Whether one handles a machine of the size of a car or as small as a typewriter or even an accounting pen, one is faced with the problems of control. An object is of no use to anyone if it cannot be controlled. Just as a dancer must be able to control his body, so must a worker in an office or a factory be able to control his body, the machines of his work and, to some degree, the environment around him.

"The primary difference between 'the worker' in an office or a factory and an executive is that the executive controls minds, bodies and the placement of communications, raw materials and products, the worker controls, in the main, his immediate tools." — L. Ron Hubbard

Consider two different restaurant owners: Steve and Kate. Steve owns an Italian restaurant and Kate owns a French restaurant. One of them succeeds and the other one fails because they manage their restaurants in different ways.

Steve loves to chat with customers while Kate loves to improve her operations.

Steve hires an accountant to handle his bookkeeping while Kate stays late to figure out how to do her own books.

Steve believes his personality gets people to return while Kate decides good food and a fantastic team keeps people coming back.

Steve loves Italian food but cannot cook. He can only hire experienced cooks. He must bend over backwards to keep them on the job, despite their bad attitudes.

Kate and her cooks invent their own recipes and keep them in a book. Kate establishes checklists for the staff

for setting up tables, cleaning and so on. She also enjoys training inexperienced cooks, servers and other staff.
If Steve's top people quit working for him, what will happen to his restaurant? If Kate's top people quit, what will happen to her restaurant?
Who is in better control? Which restaurant will succeed?

Another Example
Jill and Sue are hired by a large hospital on the same day. They are expected to type medical reports explaining the patients' treatment so the hospital can collect its fee from insurance companies.
Jill decides to be a robot and simply type whatever is in front of her. One day, her computer goes down. She calls the technician and paints her fingernails until the computer is fixed. She has no idea what she is typing as she cannot understand the medical terms. She decides to just pretend it is a foreign language. She types every word placed in front of her without using the computer shortcuts. She produces 20 reports per day.
Sue wants more control of her position. As well as typing the reports, she learns about the computer. She reads the help screens to learn shortcuts in the program. She learns to copy and paste large sections of text and other time-saving actions. She produces 30 reports per day.
Sue finds a medical dictionary in the storage room and starts to look up the terms in her reports. She buys lunch for a nurse so she can ask about medical procedures.
Who is in better control of her job? Of her career?
One day, Jill types a report about a one-year-old receiving treatment for Alzheimer's disease. She types it exactly and sends it to the insurance company. That same

day, Sue is typing a report for an eighty-year-old man's immunization shot for chicken pox. She knows this is a mistake and sends it back to the nurse. The nurse realizes the patient names were switched and is impressed by Jill's level of responsibility.

Who is the more valuable employee? Who should get the next promotion? Obviously, Sue is on her road to success.

Are you in control of your work?

10 Signs You Are Not in Control of Your Work

1. Easily fatigued or exhausted
2. Work area is messy and disorganized
3. Job is not interesting
4. Easily stressed
5. Need constant help
6. See no way to improve performance
7. Easily confused by others while on the job
8. Frequently think of quitting
9. Frantically react to emergencies
10. You cannot conceive of greater productivity

10 Signs You Are in Control of Your Work

1. Energized, motivated
2. Work area is neat and organized
3. Work is interesting and enjoyable

4. Feel challenged, not stressed
5. Effectively supervise self
6. Constantly looking for ways to improve
7. Rarely confused while on the job
8. Frequently thinking of more responsibility
9. Rationally respond to emergencies
10. You have good ideas for increasing productivity

On a scale of 1 to 10 with 10 being in full control, how well do you control of your job? Your home life? Your possessions? Your personal habits? Your success? Fortunately, taking better control of your work is easy! The first step is to make a list.

Recommendations

1. Make a list of all your most important areas of your life. Your list can be your responsibilities or your highest priorities. Example:
My bills
My daughter
My health
For a job:
My energy
My daily production numbers
My relationship with my boss
2. Rate your control of each area on a scale of 1 to 10.
3. Imagine how your life would be in you could increase your control of each area to a 10.
4. Work out a plan to take a little more control of each.

How to Control Your Life (2)

Control, Part Two

Parts of Control

What would you do if you had more self-control?

1. Get twice as much work done?
2. Break a bad habit?
3. Spend more time improving yourself?
4. Replace your negative emotions with positive emotions?
5. Waste less time watching TV, on social media or diving into the news?
6. Increase your knowledge and performance skills?
7. Create new income sources?
8. Do more good things for the world?
9. Conquer your greatest fears?
10. Have more fun?

What would you do if you had better control of others?

1. Get better people supporting you?
2. Change people's views?
3. Get a friend or family member to stop abusing drugs or alcohol?
4. Help your kids with their life skills?
5. Motivate your team to do better work?
6. Generate more interest in your service or product?
7. Boost people's moods?
8. Attract a potential spouse?
9. Get more people to join your group?
10. Help people lead healthier, happier and richer lives?

In all cases, you need to do one of three things.

Three Parts of Control

If you followed the advice in "Control, Part One," you identified the areas of your life that you need to take more control of. For example, your list might look like this:

1. Pain in right leg.
2. My smoking habit.
3. Son sleeps all morning instead of helping me.
4. I'm not saving any money.
5. My garage is a big dirty, smelly mess.
6. My stupid boss drives me crazy.

So, to take more control of these areas, you need to either START something, CHANGE something or STOP something.

"If one can start something, change its position in space or existence in time and stop it, all at will, he can be said to control it, whatever it may be. — L. Ron Hubbard

For example, to take control of the six examples above, you could do the following:

1. START doing the leg stretches for five minutes each morning before getting out of bed.
2. CHANGE from smoking cigarettes to vaping e-cigarettes.
3. STOP my son from sleeping in with loud marching music at 7 AM daily.
4. START saving money by asking my bank to automatically transfer $500 to savings each Monday.
5. CHANGE the location of a few items in my messy

garage.
6. STOP being a jerk to my boss.
In all six examples, you take control of the problems, all by yourself!

Exercise

1. Write your list of things you want more control of. This can be control of yourself or others.
2. Next to each item, write one Action Step that you can take to START something about it, CHANGE something about it or STOP something about it.
The Action Step can be anything you can do: small, complicated, fun, difficult, satisfying or whatever you will actually do. It must be something YOU can do, all by yourself.

Do Your Action Steps

1. Sometime today or this week, DO each of the action steps you wrote down.
2. If needed, do the easiest action steps first. Then, as you see your success, the difficult steps will be easier.
3. Persist until you complete all of your action steps.
Repeat the exercise above.

15 More Examples

1. My company income is dropping because we are just ignoring several horrible articles about us.
To take control, I will START writing a positive article each night before bed.
2. The government says I owe $145,000 in taxes.
To solve this, I will CHANGE my tax lawyer.
3. I have lung cancer.

To start taking some control, I will STOP breathing smoky air of every kind.

4. I have to give a speech next week and I'm so terrified I can't sleep.

I will START my practice speeches today.

5. I just lost my job of 20 years and can't find another job like it.

To take control, I will CHANGE my career to something I love.

6. My wife wants a divorce and will take half of our possessions, cash and business because of my bad habits.

To take control of the situation I will STOP my bad habits.

7. When people disagree with me, I get really angry and say things I regret.

I will START listening to people's views before getting angry.

8. I feel really depressed after watching the news.

I will CHANGE how I spend my time with uplifting shows and long walks.

9. I never have enough money for anything important.

I will STOP wasting all my money on stupid stuff or expensive meals

10. I can't find any new clients to buy my services.

I will START making 50 calls per day.

11. No one wants to be a friend of mine.

I will CHANGE my bad moods to good moods whenever I am communicating with potential friends.

12. My daughter won't take responsibility for her schoolwork.

I will turn off her wi-fi to STOP her from wasting time until her work is done.

13. My husband doesn't spend time with me.
I will START being interested in his interests.
14. My team is bored and not very productive these days.
I will CHANGE their pay system so they get big rewards for big production.
15. No one seems to like me.
I will STOP making critical comments of anyone or anything, completely and forever.

How to Control Your Life (3)

Control, Part Three

Why You Feel Frantic, Helpless or Incompetent

"Franticness, helplessness, incompetence, inefficiency and other undesirable factors in a job are all traceable to inabilities to start, change and stop things." — L. Ron Hubbard

For example, you need to sell your accounting services, but you are an incompetent marketing person. You can prepare great income statements, but you cannot get new clients. So instead of making a great income in your own accounting firm, you get an accounting job at a company for less income. If you could market your accounting services, life would be a lot better for you.

In fact, the same feelings of franticness, helplessness, incompetence and inefficiency can hit you when you are trying to succeed in other parts of your life.

For example, you feel frantic about money, you feel helpless when your spouse refuses to talk to you, or you are unable to control your smoking habit.
Fortunately, you can become more successful in any area of life if you improve YOURSELF. You fix the one part of control you cannot do well.
For example, if START is your weakest part of your control, you have problems in several areas of life. You cannot start an income plan, you cannot start communicating with your spouse and you cannot start to kick your smoking habit.
Which part of control is the most difficult for you?

Five Signs You Have Difficulties Starting Things

1. When it comes to starting a new project, you feel afraid it might go badly, so you make up excuses to not start it.

2. You have a lot of business ideas that you never implement. You make notes and even write down plans, but you never actually start a business.

3. You buy the material you need to do a job, but do not start it. For example, you buy the tools and materials to build a porch, but never actually start to build the porch.

4. Your boss keeps asking you to organize a storage room, but you can never find the time to get started.

5. You really want to get married, invent an incredible phone app or save a million dollars, but have no idea where to start.

Five Signs You Have Difficulties Changing Things

1. You make big New Year resolutions and do well for the first week or two in January, but you never really make the change.
2. Your house is full of incomplete improvements. For example, you paint a wall with the first coat, but never get around to putting on the second coat.
3. Even though you know better ways to make money, you keep doing the same work with the same income.
4. You cannot change your mind about certain people. For example, you know age has nothing to do with a worker's productivity, but you cannot help thinking all young people are lazy.
5. You have relationship problems. For example, you cannot change a bad attitude toward your spouse. You act like a jerk every day, refuse to change and end up divorced.

Five Signs You Have Difficulties Stopping Things

1. You have bad habits that you cannot break. You might say, "I just can't stop myself."

2. You never quite finish projects. You can start a project, no problem. You can continue the project almost to the end, no problem. But you cannot quite complete the project. For example, you to leave your tools and work garbage lying around, or you do not finish the paperwork.

3. You know you need to stop a bad relationship, but you can't quite face telling the person, "I'm sorry, but it's over."

4. You have a hard time finishing movies or books. Your Netflix list is filled with movies you never finish. Or your home has stacks of books lying around waiting to be finished.

5. You know that if you stop working at one place, you can earn much more money at a second place. But you just can't quite make yourself stop working at the first place.

Signs You Are Fixated or Obsessed with Start or Change or Stop

Control is also difficult if you are fixated or obsessed with starting, changing or stopping things.
For example, you are **constantly starting** new programs or projects. Every week you start a new project or two. Unfortunately, they do you no good as you or your group cannot complete all the things you start.
Or you are **constantly changing** things. You do not like the way things are. You can never finish writing a report

or article. You are never satisfied with your projects. As a boss, you find faults with everything your employees do. Unfortunately, your obsession with change means you end up changing things that should be left alone.

Or maybe you like to **stop things** a little too much. Your first reaction to any new idea is to stop it or end it. You throw things away you later need. Or maybe you feel like a police officer and constantly try to stop bad things from happening. Unfortunately, you end up stopping good things, as well.

Recommendations

1. Based on the signs above, determine which of these elements of control you need to improve the most

___Inability to START
___Fixated with START
___Inability to CHANGE
___Fixated with CHANGE
___Inability to STOP
___ Fixated with STOP

2. Write down 1-3 Action Steps of how you can improve that one part of control you picked above.
3. Do these Action Steps this week.
4. As you make these improvements, notice how your overall control improves.

Action Step Examples

Start

"I will push past my fear of starting projects and just dive in."

"I will not start anything new this week."
"I will start my exercise routine today at 1 PM with NO excuses."

Change

"Today, I will change my mind about all young workers being lazy. I will go watch them work and talk to them about their productivity. I will do the same with older workers. I will keep an open mind and not assume anything for all young workers."

"I will finish cleaning up my office. I've started it several times, but never continued the job."

"As I'm obsessed with changing everything with my website, I'm going to just do nothing for a few weeks to get the statistics before any more changes."

Stop

"This is the week I will stop drinking each night after work. I have almost done so, but not quite."
"Today, I will stop my assistant from complaining about his job. I've had enough."

"Before I start reading any more books, I'm going to finish reading ONE book."

What are your Action Steps?

How to Control Your Life (4)

Control, Part Four

Boost Your Power by NOT Controlling Certain Things

As you know from Control, Part One, Part Two and Part Three" the greater your control, the greater your power

and income. However, you must NOT control certain things.

George Turns His Stress into Success by Doing Less

George is a successful and respected restaurant owner, but his restaurant is not growing, and he is frustrated. He hires a consultant to help.

They meet in George's office at 6 AM. The consultant says, "OK, so tell me about your frustrations, George. What's going on?"

George's face turns red and he smacks his desk. "I'm sick of this! I'm ready to QUIT!" I've had it. I don't know what to do."

The consultant quickly recovers from this big reaction. "Tell me what's going on."

"I'm angry all the time. My doctor says my stress is killing me. I can't sleep or enjoy food any longer."

His consultant says, "Okay, let's make a list. You tell me all the problems and I'll write them down."

George's hands are shaking as he says, "Fine. I'm losing money. Last month's income was horrible. Next, the office roof still leaks. The landlord says he'll fix it next month, but it really bothers me. The economy news is bad. I watch the news constantly and worry our country will be ruined. My son wants to quit college and come home. I love him, but can't stand his stupid decision. And NOW, the IRS is coming after me."

The consultant says, "That's all?"

George is confused. He says, "What? What do you mean? Isn't that enough?"

"Let's review these problems. The first one IS your problem. You can take control of your money and I'll show you how to do it. The other four problems ARE NOT your problems."

He gives the list to George and says, "Your landlord needs to fix the roof, you need to stop watching the news, your son needs to be on his own because he's 20, and your accountant is handling the IRS."

George says, "But …" "They …" "I …" "Oh …" He stares at the list for a few minutes.

His hands stop shaking and his face relaxes. He says, "Ah, wow. Okay, you're right."

They talk it over and George makes four decisions: stop complaining to his landlord, stop watching the news, let his son make his own choices and trust his accountant will do her job.

George smiles and says, "Okay, this is good. Let's fix my finances."

You Can't Solve Problems Outside Your Zone of Responsibility

"When an individual attempts to extend control far beyond his active interest in a job or in life he encounters difficulty."

"Thus there is obviously another factor involved than control. This factor is willingness not to control and is fully as important as control itself." — L. Ron Hubbard

Three Signs You Try to Control Things You Cannot Control

1. You feel unhappy, frustrated and angry. If you can't get your way, you are stressed.
2. You feel the need to change people. You correct everyone's mistakes, ideas or behavior. You give aggressive, demanding lectures.
3. You hate being wrong. Being right is more important than being correct.

Fortunately, identifying those things you should NOT control is easy. It's one of the most important control skills you can master.

Top Three Benefits

1. Your stress goes down or goes away completely. You stop wasting your time, money and effort.
2. Those responsible for controlling themselves and their situations have a better chance of succeeding without you interfering. You allow or grant them the power to be in charge of themselves.
3. Controlling what IS in your zone of responsibility becomes easier.

Power Exercise: How to Use this Control Skill

1. Make a list of your worries, problems and sources of stress. Include everything that ruins your mood.

_
_
_

_
_
2. Circle all items that are outside your sphere of operation or zone of responsibility.
Examples: the weather, a partner who constantly lies, most politics, adult offspring who can't pay their bills, siblings, coworkers who slack off, news media, bullies, what certain people think of you, power outages, the economy, world events and pandemics.

3. Decide to stop trying to control these circled items. Let them go. Do nothing more about them.

4. Take better control of the things within your zone of responsibility.
Examples: your mood, how you spend your time, your production, your money, where you live, what you believe, how you treat others, your habits, your personal power, your possessions and your future.

Three Examples

1. Every day, you are annoyed by a coworker who slurps his coffee. It drives you crazy! You tell him, but he thinks you are being silly. You make sarcastic jokes, but he still slurps away.
You realize the coworker's slurping is outside your sphere of operation, so you stop caring if he slurps or not. You decide his slurping is okay and focus on your job. No more stress!
2. One of your employees, Dave, is constantly late. You yell at him, but he is still late. You penalize him with less

pay, but he is still late. You threaten to fire him, but he's still late.
You finally decide you can't control him. You realize only Dave can make Dave show up on time.
You tell Dave, "I'm giving up. I can't make you show up on time. You have to handle it."
Dave says, "Oh, I'm very sorry, but I have a hard time sleeping. If I force myself to get up without enough sleep, I can't think very well and make mistakes. Can I keep my job?"
You decide Dave is too valuable to fire, so you change the rule. "Work for eight hours, every day, whenever you like."
You and Dave are delighted and get more work done.
3. You wake up because your neighbor's family dog is barking; they are on vacation. You get really upset and yell at the dog, which makes him bark louder. You try, but you can't sleep.
So you give up. "I can't control the dog, so why worry. I'll have some chamomile tea and use noise-cancelling earplugs." Even though the dog keeps barking, you enjoy a good sleep.

Bonus Tip: What to Do When Others Try to Give You Their Problems

People may try to make you control things outside your zone of operation. You must refuse. Three examples:

1. A friend asks you for a loan to pay his bills. You say, "I'm sorry that you can't pay your bills, but I'm not going

to pay them for you. You need to earn the money yourself."
2. Your boss asks you to go fix the sales problem in New York. You say, "Well, I'm the sales manager for California and have no power over New York. Sorry. However, I'll be happy to fix the New York sales . . . if you promote me to Vice President of USA Sales."
3. A woman in a store sees your young son pulling faces and says, "You shouldn't let him make gross faces like that." You say, "Yeah, pretty gross, but it's his face. He can make it be whatever he wants."

How to Control Your Life (5)

Control, Part Five

To Succeed, Let Others Control You

Sometimes you need to be controlled. You need to do what certain people tell you to do. It's actually a control skill that, for some people, is difficult to master, but important to success.
How do you feel when people give you orders or directions? Do you like it? Hate it? Welcome it? Resist it? For example, if you are a busy professional or executive, you probably need staff members to control your time. They schedule your appointments or control where you go and who you see. If you don't let them control your time, you can become overwhelmed and inefficient.
As another example, if you get cancer, you can beat it if you let your medical team tell you what to do.

"Control is so far from being bad that a person who is sane and in very good condition does not resent good, positive control and is himself able to administer* good, positive control to people and objects." — L. Ron Hubbard (*administer: provide, dispense, give)

Do You Hate Being Controlled?

If yes, your life is full of problems. You seem to have more difficulties controlling others. You may become ill and fail, as a result.

For example, Joe asks his wife to handle the family finances. Yet when she tries to control Joe's irresponsible spending, he doesn't care what she says. He spends the money however he likes.

As a result, the couple's credit goes bad. They can't afford food. He tries to control his spending, but he just can't help himself.

They constantly fight. They blame money problems for their marriage problems, but the real problem is with Joe's inability to be controlled.

"A person who is not in very good condition resents even the most casual directions and is actually not capable of controlling people or objects. The latter person is also inefficient and has many difficulties with work and with life." — L. Ron Hubbard

You see examples of this every day.

How Jay Became Homeless

Jay has always hated being bossed around.

While growing up, he was always difficult with his parents and teachers. So, they convince him to join the Army to learn how life works.
Before he reports for duty, Jay changes his mind because he hates being bossed around.
He tries to work at a car dealership but leaves because he hates being bossed around.
He fails at several other jobs as he hates being told what to do.
He tries driving a truck but can't stand it when his shippers try to control him.
Jay decides he prefers the freedom of homelessness. He lives in on the street where no one bosses him around.

Are You Similar to Jay?

If you dislike being controlled, you probably feel a reactive irritation or anger when someone tries to control you.
You may think being controlled is a sign of weakness or failure. You see no benefit to being controlled.
You may also find it hard to accept help. After all, if you want someone to help you, you must also let them control you.
When you can accept control, you can also receive genuine, valuable help. You move up! You become more successful!

Receiving Good, Positive Control

Positive control is not forced on you. You do not give up control of your life. You are not a slave.
Instead, you trust that the person wishes you success, not harm. You know his or her control is for your benefit.

Positive control from others can improve all parts of your life.

Ten Examples

1. A basketball player needs help with his shooting and lets his coach control his practice routine.
2. A business owner who can't keep employees accepts help from a consultant and lets the consultant guide his team management methods.
3. A woman lives through a heart attack and lets a nutritionist control her diet and help her with her bad habits.
4. A good accountant controls you by stopping you from using an illegal tax scheme and to follow the tax laws.
5. An employee wants to keep her job and lets her boss control her schedule and her training.
6. A professional singer lets his agent control his concert schedule.
7. When you are a customer, you let the restaurant staff control your meal.
8. As a citizen, you take part in an orderly society when you follow the laws established by your government representatives.
10. Spouses give and accept control from each other to constantly improve their marriage, health, finances, possessions and family members.

How to Control Your Life (6 Last)

Control, Part Six

The Four Circles of Control

Based on the earlier articles on control, you can place everything in your life into one of these four categories or circles:

1. Things that you can control.
2. Things you can Influence.
3. Things you cannot control.
4. Things that control you.

Your life makes more sense if you put each element of your life into one of these circles.

You then boost your success by treating each element according to its circle.

1. You take better control of the elements in Circle One.
2. You increase your influence on the elements in Circle Two.
3. You leave the elements in Circle Three fully uncontrolled.
4. You happily allow control over you from good elements in Circle Four while denying control over you from any negative elements.

Circle One: Things That You Control

The more you control these things, the greater your success. "Control, Part One," "Control, Part Two" and "Control, Part Three" explain how to do this.

Examples: Your imagination, plans, activities, opinions, moods, skills, productivity, lifestyle and reactions. Click below for more examples.

Show Circle One Examples

Circle Two: Things That You Influence

You can influence, but not fully control the elements in this circle. For example, you cannot make people respect you, but you can earn their respect.
You can influence your health, your spouse's opinions, your reputation, your employees and your investments. See "Control, Part Four."
Once you recognize that you only influence these elements, you can stop wasting time trying to control them. You can relax and use strategies to just influence them.
If any of these elements cause you stress, take control of your REACTIONS. Reactions, such as anger, discomfort and upset, are in Circle One.

Show Circle Two Examples
Circle Three: Things You Do Not Control

You control nothing in this circle. If you try, you fail. You are better off when you accept these elements as they are. See "Control, Part Four" for details.
Examples: The weather, the news media, the stock market, prices, pollution, pandemics, natural disasters, world opinions, etc.
Be willing to experience them. Let them do whatever they are going to do. Do not worry about them.

Show Circle Three Examples
Circle Four: Things That Control You

The elements in this final circle have control over you. Some of these elements are beneficial and some are destructive. To succeed, you cut control of negative

influences and appreciate the elements that help you. See “Control, Part Five.”
Negative or destructive control elements can include news media, drugs, celebrities, anti-social personalities, dangerous environments, etc.
Positive control elements include doctors, work supervisors, performance coaches, your appointment scheduler, helpful family members, etc.

Show Circle Four Examples
How to Succeed with Control Circles

Once you place elements of your life in their correct Control Circles, you find solutions. You can create Action Plans that actually work. Below are three examples.

Situation #1: You Hate the Weather. What do you do?

1. Maybe you complain to anyone who will listen. “I really hate cold days like today.”
2. Perhaps you watch the news. Find out what weather experts and others have to say about it.
3. Or you let the weather get you down and ruin your mood.

Situation #1: Action Plan Using Control Circles

1. You put "Weather" in Circle Three and accept that you can do nothing about the weather. You then consider the elements in Circle One.
2. Circle One includes related things that you control, such as your clothing, activities and locations. You consider one or more of these actions.
    1. You dress appropriately so you are protected from cold or wet weather.
    2. You find ways to enjoy the weather, such as invigorating walks.
    3. You stay sheltered all day so you do not suffer.
    4. You take a vacation or move to a location with weather you enjoy.
3. You take the appropriate actions.

As a result, the weather no longer bothers you. You do not care if it's raining, hot, cold, snowing, cloudy or sunny. You take control and your negative feelings about the weather vanish!

Situation #2: Help Someone Stop Smoking

Your brother has been smoking cigarettes for 40 years. He's constantly coughing and looks like he's heading for an early death. You decide to make him stop.

What Might You Do?

1. Give him hints and suggestions, which he ignores.
2. Get into an argument about it and you lose the fight.
3. You get your mom and sister to meet with him for an intervention. You trick him to come to the family meeting where everyone pressures him to stop smoking. He lights up a smoke, laughs and leaves.
4. Schedule a doctor appointment, but on the day of the appointment, he vanishes.
5. You sadly admit to yourself that have no hope and you give up.

Action Plan Using Control Circles

1. You decide to move this situation in Circle Two and just have some influence. You realize it will never be under your control, but your brother CAN control it, if he wants to.
2. You work on your Circle One elements.
    1. You mentally grant him the right to be who he wants to be and your stress vanishes.
    2. You improve your people skills so you can be more persuasive.
    3. You research and write a stop-smoking step-by-step plan for him to consider.

3. You work to influence your brother, not control him.
    1. You improve your relationship with your brother and make it clear you are on his side.
    2. You get his agreement to privately meet with you to discuss his health and find out why he smokes.
    3. You patiently persuade him to agree to the step-by-step plan to stop smoking.
    4. You support him when he misses a step and celebrate when he takes a step.

One month later, he stops smoking! He says the urges are gone. He gives you all the credit.

Situation #3: You Feel Angry or Frustrated When People Do Not Agree with You

You are obsessed with something you feel is important. It might be a cause (like global warming, immigration or war), a political view (right, middle, left), a religion, etc. You believe everyone MUST agree with you, but they don't.

What Might You Do?

1. Spend several hours every day, on your obsession, watching, reading or listening to your favorite news media company. They grab your attention with alarming headlines. The stories stir up your passion and anger.

2. You work hard to get people to agree with the views from your news sources. You talk about it to anyone will listen. You share articles, posts, tweets and email.

3. You only like people who share your opinions. You dislike and criticize anyone who disagrees with your news media's views.

4. After you lose a few good friends, and waste weeks of time, you realize you have changed no one's mind. Your anger and stress wears you down and hurts your income.

Because you allow the news media to control your time, opinions and moods, it belongs in Circle Four.

You decide to take control and move your **time, opinions and moods** into Circle One.

Action Plan Ideas to Take Control

1. **Take Control of Your Time**

    1. You spend less time watching, listening and reading the news.

    2. When you feel the urge to get the latest news, you watch a movie or a documentary.

    3. You rekindle your love for books, art and music.

    4. You spend more time on beneficial activities, such as starting a business, helping your family members, volunteering some of your time, organizing your life and getting more work done.

2. **Take Control of Your Opinions**

    1. You increase your knowledge by learning what other news outlets report for the same stories. You use fact-check websites to see which versions of the story are the most accurate.

    2. You learn how the news media businesses make profit and learn how the more alarming the story is to the viewers, the more income the media company makes.

    3. You dive into the issues that matter most to you. You go to the sources and learn for yourself. You seek the truth for yourself.

    4. You discover none of the news stories include all of the facts. They all emphasize or even alter facts that line up with their favorite opinions. They invent facts and call them opinions.

    5. Based on your actual knowledge, you form your own opinions.

3. **Take Control of Your Moods**

    1. Instead of watching the news, you take long walks and drives. You focus on what you see. You notice how the "important news you need to know" has nothing to do with the real world.

    2. You spend more time on beneficial activities, such as starting a business, helping your

family members, volunteering some of your time, organizing your life and getting more work done.

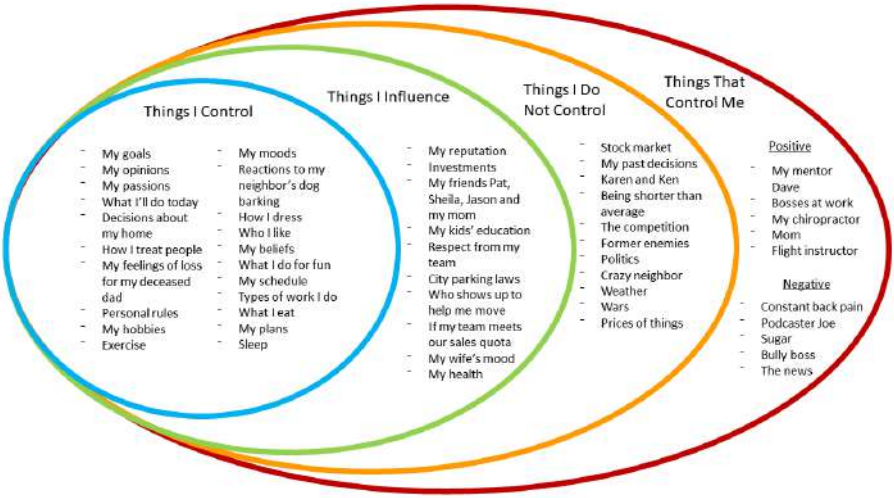
As a result, you take control of your mood, your time and your opinions. You do more good things for people, get more accomplished and reach more goals. You feel terrific!

You can also take rational action to help the world. You raise donations, volunteer your time or start your own group. Because you make significant progress, you never feel angry or frustrated.

You love what you do!

Exercise

List the elements of your life in one of the four circles.



Click the image for a larger version that you can print.

What do you control?

What do you influence?

What do you have no control over?

Which elements control you?

After you complete this exercise, take action!

Action Plan

1. Take more control over the things in Circle One.
For example, you get rid of an old grudge by forgiving the person, you control your anger by taking yourself less seriously or you take five deep breaths whenever you feel stress.
Use the recommendations in "How to Discover Your Power and Command of Life."
2. Exert more influence over the things in Circle Two.
For example, you pay more attention to the elements you want to influence, you set better examples, you make suggestions, you get support from others, you share your knowledge.
Use the recommendations in "How People Treat You Depends on You," "Like it or Not, People Follow Your Example" and "Three Ways to Treat People."
3. Stop trying to control things that are unrealistic for you to control. Some of the elements you think are in Circle One or Circle Two might actually be in Circle Three or Circle Four.
For example, you think that criticizing and complaining makes improvements. Yet if you check reality, you may see that your complaints amount to nothing. You have no control or influence. All you do is ruin your mood and others' moods. So instead, you acknowledge your limits and change your strategy. As a result, your mood improves, and you do things to improve conditions in the world.

Five More Uses and Benefits

1. Being Ignored Stops Bothering You

Let's say a friend ignores you and you feel upset. You try a few messages and even ask mutual friends to help, but she still ignores you. You are so upset about this that you cannot sleep.

You look at your control circles and realize you cannot control nor influence your friend's attention. She is in Circle Three.

You can, however, take control of your upset feeling. You silently forgive her and appreciate your other friends a little more. You then boost your mood by reorganizing your closet and taking a long hike.

2. You Stop Being Abused

You are terrified of someone who emotionally abuses you and controls you in negative ways (Circle Four). You realize you made a big mistake of believing this person is good for you. You cannot control this person, but you can control who you associate with.

You make a plan to slowly disconnect from this person. As you make progress, you start to feel happier. Once you disconnect, you enjoy new potential for successful living.

3. You Calmly Handle Disasters

When anything unplanned or uncontrollable happens such as a pandemic or flood, focus on what you CAN influence and control. You know that things in Circle Three, are beyond your control, are not worth worrying about. You do not fight the disaster. You accept it, deal with it and move on.

4. You Eliminate Regrets

You cannot control your past decisions. You did what you did and cannot change it. All regrets are in Circle Three.
Instead, you find things in Circles One and Two; elements you can control and influence. You can apologize. You can make up the damage you caused. You can teach anyone who might make similar mistakes and protect anyone who might be harmed.
You have no regrets.

5. Increase Control of Your Life Decisions

Even though you are an adult, you realize your father still controls your decisions. Your decision-making is stuck in Circle Four. You decide to move it to Circle One.
You review your biggest decisions that your father made you accept. You change a few that you disagree with. You also realize many of them are actually excellent decisions. You make them into YOUR decisions. All of your decisions are now yours.
You move forward on YOUR path.

The Power of Holding a Position

The greater your personal power, the greater your success.

"Power is contained in the ability to maintain a position in space. If you can't maintain a position in space you will never have any power." — L. Ron Hubbard

Try this demonstration.

1. Put a coin on your desk.
2. Move it around with the tip of your finger.

3. Now, with the thumb of your other hand, firmly press down on the coin.

4. Try to move it around with your finger.

Because the coin holds its position, it has power, right? This is a form of power you can strengthen in yourself, starting today.

Ten Problems You Can Solve by Holding a Position

Imagine having the power to solve problems like these. What could you accomplish?

1. You need greater influence on others.
2. Someone is pressuring you to do something you do not want to do.
3. You have a persistent urge to do something harmful.
4. You are constantly distracted.
5. You need to get away from certain people or activities.
6. You are being stopped.
7. Someone refuses to keep their agreement with you.
8. A big obstacle makes you want to give up.
9. Someone makes you doubt what you know is true.
10. You need more self-control.

Four Examples

1. Joe is happily married to June.

One day, Joe runs into his beautiful ex-wife. She says, "I sure miss you! I just bought a Iranian Tea that's supposed to be really good. Want to come to my place and try it?" Joe holds a position on what he knows is right and says, "Sure! I'll pick up June on the way because she'd love to meet you."

2. You need to finish an important client document by morning, but your laptop dies.

You decide to have dinner and then work on the document. But your laptop won't turn on! You try everything you know to get it working with no success. You call for tech support, but they are closed. You call a friend who says, "Don't worry. Your client will understand."

You decide to hold a position and to make it go right. You pull out a writing pad and start to write. At midnight, your spouse says, "I'm sure your client will understand if you don't finish the report. Come to bed!" You feel really tired and decide to climb into bed.

Yet after a few minutes, you decide to hold a position. You get up and continue handwriting the report. At 5 AM, you finish the first version. You think, "My client will understand that it looks sloppy."

Yet once again, you decide to hold a position. You remember you are a professional.

So you get dressed and go to your office. You use your desk computer to type up the report. By 8 AM, the report is done . . . and it's perfect.

You send it to the client who says, "Thanks! This is perfect."
You smile all morning. You feel powerful.

3. You decide to stop smoking.

After the first hour, your body screams, "Get me a cigarette!"
You hold a position and refuse to light up.
During the second hour, your body says, "I will die if I don't have a smoke, you jerk!"
You hold a position and eat a carrot.
Because you continue to hold a position no matter what your body demands, you become a nonsmoker.
You are powerful!

4. You break your beautiful new smart TV.

Right after you get it home and pull it out of the box, you drop it on a tile floor. The frame is now cracked.
A neighbor sees the damage and says, "Don't tell the store you dropped the television. Just take it back and tell them it was broken when you got it home."
You say, "No, I'll tell the truth and try to work something out."
Later, your neighbor calls and says, "You were right about the TV. I'm sorry I said you should lie to the store. By the way, you're an investment advisor, right? Can you help me with my employee's retirement fund?"
When you hold a position on a constructive, beneficial position, you earn self-respect and pride. Holding a such position gets easier and easier.
People see how you operate and realize you have good intentions; that you do good things. They trust you, admire you and support you.

Why Your Position Must Be CORRECT

Unfortunately, you are not right all the time. No one is. Sometimes, a position you decide to hold is wrong.

To be a powerful person, you must constantly evaluate your positions, especially if they are not going well. You must be willing to be wrong in order to be CORRECT.

For example, your small company needs a new manager. You want to hire Abe because he admires your work and makes you feel important. Your business partner wants to hire Jill because she is a successful boss. Of course, Jill is the CORRECT choice. Yet, you hold a stupid position and waste time until you realize what you are doing.

Instead of being admired, and instead of being right, you decide to be CORRECT. Your company's success depends on it.

You say, "Let's hire Jill. Call her before she finds another job!"

CORRECT positions are beneficial to you, your family and your groups. When you firmly hold them, you earn respect, trust and support. Your power strengthens and expands.

Ten Steps to Boost Your Personal Power

1. Write down the positions you need to hold more firmly; where you need to take a stand; where you should say, "No" or "Yes."

2. Pick the easiest of these positions to hold.

3. Write down why you want to hold this position. If you want to hold it to support your ego or prove

you are right, change your mind. Reword it so the position you want to hold is CORRECT.

4. Write down how holding this position will be beneficial to everyone involved; for you and others. Reword the position to be as helpful and constructive as possible.

5. Next, write down how you will hold your ground on this position.

6. Do it! Hold your position more firmly than before. Be brave, strong and persistent.

7. If you get knocked off your position, review what happened and how you can do better. Then try again.

8. Persist for as long as it takes until you are holding this position in all situations. Be willing to take several hours or several months until it becomes easy for you. Make it a new way you operate in life.

9. Congratulate yourself! You are now more powerful.

10. Pick the next easiest position to hold and repeat the steps above.

Here's to your power!

Stupid Thinking

Do you think things through? Before you act, do you consider what will happen as a result?

If you can think in sequence, you are probably not a criminal. You can see the consequences of a crime. A criminal cannot think that far ahead.

For example, before you lose your temper and yell at your friend, you think it over. "If I yell, he'll get upset and leave. I'll be alone, so I'd better control my temper." You see the step-by-step future sequence that happens if you lose your temper, so you change your mind. You are not stupid.

If you are stupid, you lose your temper and lose your friend.

"This is a consequence. 'If you saw off the limb you are sitting on you will of course fall.'

"Police try to bring this home often to people who have no concept of sequence; so the threat of punishment works well on well-behaved citizens and not at all on criminals since they often are criminals because they can't think in sequence." — L. Ron Hubbard

For example, a murderer may only think about revenge. He does not see beyond the death of the person he hates. He does not think about living in prison for the rest of his life.

Only criminals are stupid enough to think a crime has no consequences. They just grab what they want without thinking it through. Smart people, on the other hand, get what they want without committing a crime.

More Examples

If you want $500, you can just work at a job. Even at $13.00 per hour, it only two weeks to take home $500.

You can spend it however you like, no stress, no secrets, no risks.

A criminal robs a store for $500 without thinking it through. If he is gets the money and is not caught right away, he must keep his crime a secret. He might need to go into hiding. His life is no longer open, happy and trusting. For just $500, he ruins his life and reduces his chances for success.

A criminal also fails to see how he or she hurts others. A stolen car, even when insured, can take months of hassle and stress to finally replace it. Stolen money might represent someone's life savings and ruin their retirement plans. Hitting someone on the head can cause a lifetime of pain for the victim.

Drug addicts users can only think about their next high. If they looked further into the future, they would see damage to their bodies, financial ruin, family losses and a failed life. Prison time is also a real possibility; in fact, half of the inmates in US prisons are there for violating drug laws. These inmates did not look into the future.

Fortunately, when a criminal gets smart and thinks in sequence, he or she stops committing crimes and stay out of prison.

Even Small Crimes Have Big Consequences

People who commit small crimes do not think in sequence either. "If I take a few office supplies, no one will know." This person does not see the nagging feeling of guilt or the possibility of getting caught, getting fired and being labeled a criminal. This person does not realize that the risks far outweigh the tiny benefit.

Breaking your agreements at work is another way you lose by not thinking ahead. For example, to get a sales commission, you violate a company policy and promise things the company cannot deliver. The company then has angry customers and lawsuits. If a lawyer handles any lawsuits, your reputation is still ruined.

Breaking agreements with your spouse, friends and family members can also have horrible consequences. For example, you agree to pick up a child at school. You decide you have just enough time to go have a beer after work and decide no one will mind if you're a bit late. You then forget about the child for hours.

Recommendations

1. When making a big decision, think in sequence. If you do Plan A, what are the consequences? If you do Plan B, what are those consequences?
2. Teach children how to think in sequence. "If you hit your brother, what might happen? Let's ask him." "If you don't do your homework, what will happen?" "If you steal candy from the store, what might happen? What would it be like to get caught? Let's ask the store manager what would happen."
3. Talk to criminals and potential criminals about sequences. Help them see the bigger picture. Get them to practice thinking in sequence. Give them a copy of this article. Since crime hurts everyone directly or indirectly, we all increase our chances of success by helping criminals get smarter.

Benefits

Thinking about the consequences of your actions helps you live with less stress. You have nothing you regret, nothing to be ashamed of and nothing to hide.
You earn a reputation as an honest, reliable person. People can trust you and believe you. You can make and keep big promises which boost your income.
When you think in sequence, you can take actions which benefit you and others the most. You make smart decisions for which you can be proud. You and those around you live happier, more successful lives.

What Happens If You Exclude People?

Have you been banned from a group? Have you been treated like a second-class citizen? Do you know how it feels to be discriminated against?
When you were young, did certain kids exclude you from being their friends? How did that make you feel?
When a group refuses to let you join, do you admire and respect that group?
Many group leaders do not understand an important fact about letting people into their groups, organizations, businesses and countries.
"EXCLUSION OF OTHERS IS THE BASIC CAUSE OF WAR AND INSANITY."
"Letting people INTO the group at large is the key to every great movement and bettered culture on this planet. This was the new idea that made Buddhism the strongest civilizing influence the world has seen in terms of numbers and terrain. They did not exclude. Race, color, creed*, were not made bars to membership in this great movement.

"Politically the strongest country in the world was the United States, and it was weakened only by its efforts to exclude certain races or make them second-class citizens. Its greatest internal war (1861-65) was fought to settle this point, and the weakness was not resolved even then." — L. Ron Hubbard** from an article called "Group Sanity" (*creed: Religious belief **second-class citizen: A person considered inferior)

Perhaps certain people, groups or countries get angry at the United States, not because these people "hate liberty," but because they are excluded by the United States.

Maybe people in the United States exclude people simply because they do not understand them.

Why Let People In?

If you let people into your group, they love you for it.

If you bar people from joining your group, they hate you for it.

For example, you have lunch with ten friends from work every week. You have a terrific time, laughing, telling jokes and enjoy yourselves.

Two new guys at work ask, "Can we join your group for lunch?" You say, "Sorry, it's a private party."

Later that day, you notice the two new guys won't look at you. The next night, you find a long, deep scratch on your car door. The following week, the boss says, "I have an anonymous report here that you've been stealing supplies. Is that true?"

People around the world exclude others because of their race or culture (Middle Eastern, Asian, Hispanic, African),

religion (Shia, Buddhist, Mormon, Scientologist, Jewish, Hindu, Muslim), and age (too young, too old).
As a result, they create enemies, lawsuits, protests, insanity, violence and even death.
However, when nations, organizations and groups happily include anyone who wishes to join, they become more powerful.

Recommendations

Are you excluding anyone from your group? Do you believe anyone is a second-class citizen? Do you believe certain kinds of human beings are inferior to your kind?
If so, how might it benefit you to include them?
How can you treat these people as equals? What can you do to let people of all types to be your friends?
If you are being excluded, you might want to attack the person or group who is doing this to you. Instead, realize he or she just does not understand the consequences of exclusion. Seek to create understanding with them. Or simply find another group to join.
Even better, start your own group and include everyone who wants to join. Your group will become the biggest and most successful of all!

Everyone is Important

People love and appreciate you when you make them feel important. People you work with, such as customers or clients, are more cooperative when they believe you have a high opinion of them. Colleagues, coworkers, friends and family members give you more support when you make them feel important.

Certain people are very sensitive about their importance. They have a self-importance problem and are upset or angered if you treat them with less importance than they feel they deserve. In many cases, the less money, skill or power they have, the greater their need to feel important.

Giving or granting importance to others is a skill you can use to boost goodwill and cooperation with anyone. If you make people feel important, they trust you, believe you and like you.

How to Make Others Feel Important

First, realize the amount of importance in this universe is unlimited. In other words, no matter how much importance you give to others, you do not lose any of your own.

Second, the worst thing you can do is go around being important. Trying to make people respect you and grant you importance. You gain nothing valuable when you make others feel less important than you, but lots to gain by making them feel important.

"Asserting one's own importance is about as acceptable as a dead cat at a wedding." — L. Ron Hubbard

Another skill you must adopt is to notice everyone. Pay attention to them.

"Ignore people at your peril." — L. Ron Hubbard

Never assume anyone is unimportant.

For example, salespeople rarely get past receptionists when they treat receptionists like they do not exist. Similarly, if a receptionist ignores someone because he looks like a salesman, she may later discover she is in trouble for treating a VIP poorly.

Contrary to what you may have learned as a teenager, if you ignore people, they do not admire you. Instead of making the person respect or like you, they despise and hate you. Arrogance gets you nowhere.

For example, your greatest enemies might have been neutral until you ignored them or disrespected them. "Did you see how he pretended I was not in the room? What a jerk! I won't forget this."

Insincere flattery and baseless praise do not work either. Most people are not that gullible and they regard flatterers as liars.

Two Recommendations

1. Boost your own opinion of yourself. It is hard to like people if you dislike yourself. Do whatever it takes to raise your self confidence.

If you do not like something about yourself, either change it or stop criticizing yourself about it. For example, you say "Every time I look at my messy desk, I realize I'm a lousy manager." If so, stay late and clean it up.

As another example, you might dislike yourself because of your fears. "I don't like how I'm afraid of my boss" or

"I'm such a weakling because I can't say NO to my friends" or "I hate that I get so nervous in meetings."
In this case, exercise some mental control and change your idea. In other words, knock it off.
2. Convey a high opinion of others in your speech, body language and intentions. Answer every call, email and text as if its your mother or the governor. Grant them importance no matter who they are.
Give people your full attention and really listen to them. Anticipate their needs. Use your best manners. Treat each person you see as an important person even if the person is stupid, has a sour attitude or works for a group you despise.
"People have value and are important. Big or small they are important." — L. Ron Hubbard
As a result, they love you for it. Big shots, amateurs, minorities, kids, opponents, ugly people, old people, obnoxious people and everyone else is important. If nothing else, they are alive and doing their best. They deserve your attention, admiration and respect.
With practice, you can even make people feel wonderful by granting them importance with just a glance or a single word! For example, you make homeless Joe feel great just by saying, "Hi." You make every cashier feel like a million bucks. Everyone you know wants to hang out with you.
Such a skill gives you boundless respect, cooperation and friendship.

Being Too Serious Ruins Your Success

Are you having fun? Do you get a thrill from your work? Do you enjoy waking up each morning?

Myths about work can hurt your progress. "Work is not supposed to be fun." "You must buckle down and get serious."

Perhaps the biggest myth of all: "People will think I'm important if I act seriously." Yet getting serious creates problems: stress, worry, anxiety, emotional pain, drudgery and failure.

Resolving problems by getting MORE serious is like fixing a computer with a hammer. The harder you try, the worse the problem becomes.

"When life becomes serious, a man becomes less cause and greater effect. If life gets really serious, his value drops to practically zero. Driving a car can become such serious business that one can wreck the car. Running a business can become so serious as to make it fail. There is a direct connection between insanity and seriousness."

"It is only when an individual progresses in life to a point where much seriousness is attached to things that he begins to have a hard time. The ancient Italian really knew what he was about when he considered that the only psychotherapy was laughter." — L. Ron Hubbard

Five Benefits of Being Less Serious

1. As soon as you lighten up, you feel like you are playing a game like Monopoly, tennis or a video game.

2. You have a thicker skin. You are not easily offended. You worry less about what people think of you.

3. If you lose a single battle in the war, you jump back in. You know that losing is just part of the game.

4. Everyone around you lightens up, too. They feel like teammates instead of fans or competitors.

5. Your view of your life expands. You see the big picture. Your strategies improve.

12 Ways to Lighten Up

Approaching your life with a non-serious attitude gives you a clearheaded view of difficulties and the energy to deal with them. Problems are easier to solve, people are more cooperative, and you feel more relaxed. You probably live longer and more successfully, as well.
Try these ideas until you find one that lightens you up.

1. Deliberately turn a molehill into a mountain. Make a big deal out of a little problem. "I would feel much better if these papers were stacked exactly like this! Not like that! Like this! Not this! This!"

2. Ask yourself, "Is getting serious about this situation really going to improve it?"

3. Focusing on the positives. "What is right about this situation?" "What else is right?" "What else?"

4. Consider a complete, major change. For example, go back to school, move to the ocean, start a new career.

5. Ask yourself, "When I'm on my deathbed, will I be glad I was so serious about _____?"

6. A challenging game is much better than no game at all. So consider losing all aspects of the problem. Examples: You feel serious about family problems. You ask yourself, "Well, what if I had no family at all?" You feel serious about your investments. You ask yourself, "What if I had no money to invest?"

7. The size of your problem may match the size of your game. So get a bigger game. For example, if you get uptight about paper clips being in the wrong drawer, your game size is tiny. Double your amount of responsibility. Set some huge goals. Succeed by thinking much, much bigger.

8. Stop trying to solve the problem that is making you so serious. Certain types of problems solve themselves if you leave them alone. Your problem may be one of those.

9. Compare what you are doing to other careers. Imagine being a septic tank drainer or a tax collector.

10. Make everyone around you lighten up.

11. Look at bizarre solutions. What is the craziest way you could solve your problem? What solution, if it worked, would make you laugh out loud?

12. Act stupid for a minute. Let down your hair. Stop being so darn important for a while. Be a goof!

Goals = Pleasure

As you know, setting goals is essential to your success. However, did you know you can obtain a lot of joy from setting and following your goals? In fact, your goals might be key to your happiness in life.

"Happiness could be defined as the emotion of progress toward desirable goals."

"Without goals, hopes, ambitions or dreams, the attainment of pleasure is nearly impossible." — L. Ron Hubbard

Fortunately, you can create this enjoyment, right now, by refreshing your current goals or setting new ones.

20 Questions to Help You Set or Refresh Your Goals

Ask yourself the following questions to write up a huge list of goals. Under each question are some examples. Then pick your *primary* goals as explained at the end of the questions.

1. What goals are you are currently working on?

Examples: "Make more money so I can ____." "Find someone who will _____." "Be more _____."

2. What are your hopes and dreams?

"Build a big beautiful house." "Travel around Switzerland." "Create a YouTube channel that goes viral."

3. What goals have you given up on, for whatever reason?

"Marry the perfect person." "Ride a horse in a rodeo." "Live on a house boat."

4. What do you want to BE in life?

"Become a teacher." "Be the top _____ in the world." "Be a genius."

5. What do you want to DO in life?

"Provide $5,000 of services per day." "Run a five-minute mile." "Discover a cure for diabetes."

6. What do you want to HAVE in life?

"A new Mercedes 350SL." "Own my own island." "A house for my daughter."

7. What goals could you accomplish if you had new skills?

"Compose songs for movies." "Form an office building construction partnership with my best workers and friends." "Fly my own airplane to visit a new place every month."

8. What changes in your personality would enhance your success?

"Be cheerful no matter what happens." "Treat myself and others with more kindness." "Set a better example for everyone in my life."

9. What goals do you and your spouse or family members want?

"Buy our own house." "Go to Hawaii this summer." "Raise happy children."

10. What are your job, group or business goals?

"Double our productivity by August." "Make our dog food the most nutritious in the industry." "Sell more Toyotas than any other car dealership in California."

11. Write down goals that would bring you pleasure?

"Cruise around the world." "Work one day per week and then volunteer for five days per week." "Start my own rock band."

12. What goals do you have for your health?

"Stop smoking." "Lose 40 pounds." "Live to 100."

13. What do you want to accomplish before you die? What should everyone say at your memorial service? What do you want to leave to your heirs? What mark do you want to make on this world?

14. What goals would you set if you had additional resources?

What if you had $10 million to spend? What if you had 30 people willing to help you? What if you had an extra 50 years in this lifetime? How would you use these resources?

15. If you could accomplish anything, what would you want?

"Become a doctor." "Build a 50-story luxury apartment building and live in the penthouse." "Win an election to become the mayor."

16. What if you could start all over again? What might you do instead of what you currently do?

"Learn to create artificial intelligence apps." "Paint murals." "Work for a non-profit group."

17. What motivates you or fires up your passion? Translate this source of excitement into a goal. "Help thousands of people handle their opioid addictions." "Photograph every type of hummingbird in the country." "Design and construct a farm."

18. What are your self-improvement goals?

"Learn to be in present time, all the time." "Reduce or eliminate my fears." "Take better control of myself."

19. What are your social goals?

"Be more helpful to my church." "Make our city government less restrictive to businesses." "Raise money to improve education in Africa."

20. What are some of your ridiculous goals?

Let your imagination fly. Add some crazy, unbelievable goals for yourself. Who knows? Maybe you will achieve them.

From your big list, select the *primary* goals you wish to work on. Pick goals that are the most exciting goals for you to pursue.

10 Reasons Why Goals Help You Succeed and Bring You Joy

1. If you have goals, you have direction. You can invest your time and effort in a specific way that pays off.

A race car without a steering wheel is like having no goals. You push on the gas pedal and the engine roars. The tires spin and smoke. The car goes all over the track, goes in circles and hits the wall. No matter how hard you push on the pedal, you go nowhere.

2. When opportunities pop up that can help you reach a goal, you recognize and seize them.

Opportunities are all around you. The trick is noticing them. When you have a goal in mind, the opportunities you need are easier to see.

For example, you have a goal to own and operate a café and you need an empty space. You now see lots of places that could become cafes. Before you had the goal of getting the café, you probably drove past empty spots every day and never noticed them.

When you have a goal in mind, you see ways to reach your goal you never noticed before.

3. You make better decisions.

When faced with an important choice, you simply ask yourself, "Which of these options will best help me reach my goal? Will Plan A help me with my goal or will Plan B do it best?"

Like a flashlight in the night, your goal lights up your best choice.

4. Goals motivate you and give you energy.

For example, when you are preparing to go on vacation, you get more done in less time. You have a firm goal to finish several tasks and then go on your trip. The excitement of the vacation helps you work hard and fast without getting tired.

Great goals help you accomplish much more in less time.

5. You have more control of your life.

When events in life knock you around, goals can put you back in control.

For example, you get arrested by the police and spend time in jail for something you did not do. The day after you are released from jail, you focus on your goals and continue onward. The bad incident does not ruin your life.

6. You can have greater confidence. You can take the initiative. You can be a leader.

Imagine you and your group are lost in the wilderness. You alone know the correct direction to hike. You would not follow someone else. You would not sit down and worry. You would take the initiative and lead your group to safety. Goals give you the same level of confidence.

7. You can determine if your current activity contributes to your overall success or not.

For example, you find yourself digging a hole in the ground. You ask yourself, "Why am I digging this hole?" You then realize, "Oh, yeah! I'm building my own house and need a good basement." Or you realize, "Wait a minute. This hole is for my neighbor's house. He's pretty persuasive! He already owes me a few hours of work. It's time to go dig my own basement."

As another example, you are frustrated and can't sleep because you accomplished nothing worthwhile during the day. But then you realize you took three good steps toward one of your goals. You pat yourself on the back and fall asleep.

8. Long-range goals help you solve short-term problems.

For example, you and your spouse have a long-term goal of raising your three children to be happy, healthy, honest and productive. You keep that goal in mind when your son is caught stealing a jacket at the mall. Of course, you work out a punishment, but you also use the incident to teach your son the benefits of honesty. The big picture helps you take wiser actions.

9. Your plans are more effective.

Each morning, you can plan your day based on your goals. For example, "What can I do today that will take me one step closer to my goal of becoming independently wealthy?"

Weekly plans, monthly plans and yearly plans give you better results when you line them up and match them to specific goals.

10. Goals give you hope for a better future. Goals make you happier.

Watch the fans at a football game. They have a goal to win the game. For a few hours, the goal helps them escape the problems of life. Even if they lose, they have fun.

Goals help you make life more enjoyable, even exhilarating. Goals give you a stable, natural "high" you can never achieve from alcohol, drugs or other bad habits.

What is Your Most Valuable Asset?

Of all your assets, which one is most valuable? Your investments? Savings account? Coin collection?

Which of your assets makes you the most money? Your business? Your career? Your education?

While those are all valuable, one of your assets is more valuable than all others. This asset is essential to your income. No manager, professional or employee can succeed without it.

"The most valuable asset we have, actually, is our ability to understand, to do the right thing, to be kind, to be decent." — L. Ron Hubbard

For example, you help a lady with her car trouble without being asked. Later, you see that same lady in a store. She brightens your day with more thanks. You return to work with a bounce in your step and a big smile.

As another example, you arrive for an appointment for a job or to sell something. Even though the receptionist is busy and rude, you are kind and patient. After your meeting, you learn the receptionist is the company

owner's wife who was just filling in for the day. She tells her husband that you are a decent person.
Are you in the habit of being kind and understanding without thinking about it? With no thought of a return payment? If so, you know the joy and rewards of this habit. If you do not have this habit, try to form it!
In addition to feeling terrific, you can use this asset of yours to make good decisions.

Decision-Making Tool

Your decisions are always correct when you ask yourself questions like these.
1. Which of these choices increases my understanding of others?
2. Which is the kindest choice?
3. Which is the most decent choice?
4. Which is the right thing to do?
One of your choices will stand out as the smartest, most-beneficial choice you can make.

Five Steps to Using and Increasing the Value of Your Most Valuable Asset

1. Who should you take the time to better understand? Take your time to understand them today.
2. What right things should you be doing? Do them!
3. With whom could you show more kindness? Go do this.
4. What are the most decent things you can do? Plan to do these things frequently.
5. What are some new ways you could you be kind and decent? Now do these things, as soon as possible, starting today, and enjoy the results.

If you think about it, you never regret being too kind, too decent or too understanding.

Are You a Professional?

How you look, talk, write, act and work determines whether you are a professional or an amateur. Society does not emphasize the importance of professionalism, so people tend to believe that amateur work is normal. Many businesses accept less-than-good results.

Schools graduate students who cannot read. You can miss 15% of the driving-test answers and still get a driver license. "Just getting by" is an attitude many people accept. But it is the attitude of amateurs.

"Don't ever do anything as though you were an amateur.

"Anything you do, do it as a Professional to Professional standards.

"If you have the idea about anything you do that you just dabble in it, you will wind up with a dabble life. There'll be no satisfaction in it because there will be no real production you can be proud of.

"Develop the frame of mind that whatever you do, you are doing it as a professional and move up to professional standards in it.

"Never let it be said of you that you lived an amateur life.

"Professionals see situations and they handle what they see. They are not amateur dabblers.

"So learn this as a first lesson about life. The only successful beings in any field, including living itself, are those who have a professional viewpoint and

make themselves and ARE professionals" — L. Ron Hubbard

18 Differences Between a Professional and an Amateur

- A professional learns every aspect of the job. An amateur skips the learning process, whenever possible.
- A professional carefully discovers what is needed and wanted. An amateur assumes what others need and want or simply does not care.
- A professional looks, speaks and dresses like a professional. An amateur is sloppy in appearance and speech.
- A professional keeps his or her work area clean and orderly. An amateur has a messy, confused or dirty work area.
- A professional is focused and clear-headed. An amateur is confused and distracted.
- A professional does not let mistakes slide by. An amateur ignores or hides mistakes.
- A professional jumps into difficult assignments. An amateur tries to get out of difficult work.
- A professional completes projects as soon as possible. An amateur is surrounded by unfinished work piled on top of unfinished work.

- A professional remains level-headed and optimistic during emergencies. An amateur gets upset and assumes the worst.
- A professional handles money and accounts very carefully. An amateur is sloppy with money or accounts.
- A professional faces up to other people's upsets and problems. An amateur avoids others' problems.
- A professional uses higher emotional tones: Enthusiasm, cheerfulness, interest, contentment. An amateur uses lower emotional tones: anger, hostility, resentment, fear, depression.
- A professional persists until the objective is achieved. An amateur gives up at the first opportunity.
- A professional produces more than expected. An amateur produces just enough to get by.
- A professional produces a high-quality product or service. An amateur produces a medium-to-low quality product or service.
- A professional earns high pay. An amateur earns low pay and feels it's unfair.
- A professional has a promising future. An amateur has an uncertain future.
- A professional finds and thrives in solutions. An amateur finds and suffers from problems.

The first step to making yourself a professional is to **decide you ARE a professional.**
Are you a professional?

How to Accumulate Power

To succeed you need power.
How much power do you have? Your power includes the money and property you control. The number of people who you influence. The groups or businesses you control. The size of your game.
How you work with people determines the amount of power you get.
For example, Mr. Green is the CEO of a successful book publishing company in New York City. He is retiring and needs to recommend a new CEO to the Board of Directors. Mr. Green's two best managers are Steve, who runs the printing division, and Melissa, who runs the editing division.
Steve has wanted to be the CEO for years. He tells his staff, "Someday, I'll be running things and we'll come out of the dark ages. Mr. Green's a nice guy and all that, but he's old."
Melissa is also interested in the CEO job. She tells her staff, "Mr. Green is an outstanding leader. He's taught me a great deal. If I become the CEO, I'll start by running things like Mr. Green."
Steve likes to disagree with Mr. Green. "You don't want me to be a yes-man do you Mr. Green? We can't always do things your way. I have better ideas."
Melissa prefers to support Mr. Green. "Tell me what you want done and I'll take care of it for you."

Steve is shocked when Mr. Green recommends Melissa for the CEO position.

Your Powers

Who are your "powers"? Who do you depend on for your success? Certainly your boss, but also your customers, colleagues, partners, leaders of your groups, influential friends and others.

Everyone depends on others for their power. Bosses depend on their staff. Fathers depend on mothers. Young politicians depend on senior politicians as well as voters and financial contributors.

Who do you depend on? Who are the people who can help you? These are your "powers."

Now examine how you treat these powers. Do you build them up or drag them down? Do you make them more powerful or less powerful. Do you give them ease or give them stress?

How you treat these people may have more to do with your success than you realize.

Pushing Power

"Always push power in the direction of anyone on whose power you depend. It may be more money for the power or more ease or a snarling defense of the power to a critic."

"If you work like that and the power you are near or depend upon is a power that has at least some inkling* about how to be one and if you make others work like that, then the power-factor expands and expands and expands and you too acquire a sphere

of power bigger than you would have if you worked alone." — L. Ron Hubbard (*inkling: a slight idea)

Some movie actors find it hard to share the spotlight. They think they will get ahead if they criticize others. When talking about a movie director, they say things like, "He was the toughest director I've ever worked for" or "She and I had artistic differences." These actors are often out of work.

When John Travolta was promoting his movie Pulp Fiction, he constantly complimented and thanked writer/director, Quentin Tarantino. Who was John flowing power to? What happened to John's career? It exploded! He became one of the busiest, best-paid actors in history.

Have you heard about assistants, secretaries and clerks who became millionaires? These workers flowed power to their bosses. When these bosses hit it big, they took care of their staffs. Since most bosses have an "inkling" of how to be a power, they love to share their success with those who help them succeed.

Employees who bite the hand that feeds them are soon looking for work. Staff who do not defend their bosses, when their bosses are attacked, see their workplace become stressful and unpleasant.

On the other hand, if you flow power to your powers, you make them happier and more successful. These powers then have the means and desire to help you. They can give you promotions, raises, freedoms, responsibilities and opportunities you would not otherwise receive. They can help you succeed in more ways than anyone else you know.

Ten Suggestions for Flowing Power to Your Powers

As long as your power has an inkling of how to be a power, these ten tips will make your own power base increase and increase.

1. Do a better job for your power than he or she expects. Surprise him or her with fast completions, incredible production and amazing results.
2. Support the power's ideas and requests, whenever possible.
3. When the power offers you more responsibility, grab it. Do not hesitate or worry about the pay.
4. If you need to tell the power about a problem, include a solution as well. Better yet, solve the problem so you can relay the problem and the fact that it is now solved.
5. If you see your power is making a mistake, do not let him or her fail, but try to help your power. Provide the information he or she may be missing. Offer suggestions and solutions.
6. Never miss a chance to make a gesture of support. For example, insist on paying for the meal you share with a power, even if he or she is wealthier than you. Never forget the power's birthday. Be as generous as you can be.
7. If you hear criticism about one of your powers, jump in and defend him or her. Change negative attitudes that others have about your power. Encourage them to support your power.
8. If your power is under stress, do what you can to reduce that stress. Help him or her become cheerful and optimistic. If the power is happy, everyone is happy!

9. If one of your powers is being attacked, take some of the heat. Get in front of your power and fight back. Do not let your power go down, or you too, will go down.
10. Help your power make more money. Yes, even if your power is wealthy, find ways to make him or her even wealthier. If your power's income goes up, your income will go up.

Three Action Steps

1. Make a list of your powers. Who do you depend on for your success? Who can help you the most?
2. Write down three ways you can flow power to each of your powers.
3. If you then do these three things with each, and flow even more power after that, you will see your own power and success take a leap!

Are You Strong Enough to Be Wrong?

Most people find it hard to say, "I am wrong."
Can you say it? When faced with facts that show you are mistaken, can you admit you are wrong and change your position?
If you cannot admit you are wrong, you ruin your life. Examples:
"He won't admit I'm right so I'm never speaking to him again."
"There is nothing you can say or do to convince me there is anything wrong with eating Big Macs and fries every day."
"I stopped being a lawyer as a protest because a judge was completely wrong."

When leaders refuse to admit when they are wrong, we get waste, destruction and death.

For example, for hundreds of years, churches, houses and barns were burned to the ground after being hit by lightning. Everyone agreed it was God's will and only sinners' homes were set on fire. When a good person's house was burned down, it was the Devil's work.

In 1752, Benjamin Franklin invented the lightning rod. The surge of electricity from lightning would hit the metal rod on the roof of the building and go down a wire into the ground. The electricity would not burn the building.

Yet despite proof, religious leaders would not admit they were wrong and instead, accused Franklin of interfering with God's work. It took 20 years (30 in Germany) and thousands of destroyed churches before a new generation of church leaders would install lightning rods on their churches.

Everyone wants to be right. For many people, nothing is worse than being wrong. They maintain their "rightness" despite all reasons they are mistaken. "Until my dying day, I will never admit I am wrong about this!"

However, admitting you are wrong, when you are wrong, is an essential step to your success.

"Truth is built by those who have the breadth and balance to see also where they're wrong." — L. Ron Hubbard from *A New Slant on Life* (Breadth = tolerance; broad mindedness) (Balance = mental stability; sanity)

Can you be wrong? Can you handle the truth? Wouldn't you rather be correct?

Five Tips for Your Success

1. To succeed, face the fact that you are sometimes wrong. Get rid of any ideas that you must always be right about everything.
2. Show you are more interested in being correct than "right." Be proud when you discover you are wrong. You are learning from experience and expanding your knowledge.
3. When you make a mistake or are wrong about something, be the first to admit it. Do it quickly and take a new, more accurate position. You are no longer wrong after you change your mind about an incorrect idea.
4. If people try to correct you, do not assume they are trying to make you wrong. Instead, give them the benefit of the doubt and assume they have good intentions. Join them in correcting your facts.
5. Replace your purpose of being right with more constructive purposes: helping people, increasing your knowledge, improving your job skills, earning more money, creating a valuable company and so on.

You succeed when you are willing to be wrong. You can then find the truth and be correct.

Go ahead. Be wrong about something!

The Fear Problem

Fear stops you from succeeding. It gets in your way. It prevents you from accomplishing your goals and living a better life.

Examples:

A talented young woman wants a career as a singer. She has an amazing voice and writes wonderful songs. However, she is terrified of performing in front of people, even on YouTube. So the world never hears her sing her songs.

A computer scientist loves to program phone apps, but is afraid of making mistakes and being criticized. He spends so much time looking for bugs he never releases any of his helpful apps.

A single woman wants to have a family and raise children, but she is afraid of men. Because of her fear, she never talks to men. Or maybe, she marries someone who is wrong for her, just because he does not scare her.

Fear comes in many forms. Any of them can ruin your success: fear of rejection, fear of being excluded, fear of paperwork, fear of angry people, fear of asking for money, fear of prison, fear of responsibility, fear of looking stupid, fear of hunger, fear of pain and so on.

If you want to run a business, you cannot be afraid of making important decisions.

If you want to be a doctor, you cannot be afraid of sick people.

If you want to succeed as an athlete, you cannot be afraid of hard, painful practice.

If you were afraid of nothing, what goals would you set? What could you accomplish?

The Best Way to Remove a Fear Is to Face the Fear

"Definition: Fear is a state of imperception*; fear is an unwillingness to confront." — L. Ron Hubbard (*imperception = not perceiving; no awareness)

When something scares you, you cannot perceive it very well. You cannot look at it.

Therefore, to dissolve a fear, you must face it, confront it, experience it, be aware of it and look it in the eye. Until you do this, the fear persists.

Most people let their fears control them. You, however, can get your fears out of your way.

Bob's Fear of a Promotion

For example, Bob is terrified of speaking in public. His boss says, "I'd like to promote you to the head of sales. You will need to give workshops to the sales team each week."

Bob has five options:

1. Avoid it: "I don't need a promotion."
2. Ignore it: "I'll think about it."
3. Alter it: "The sales manager should not give workshops."
4. Run away from it: "I'm going to take a two-month vacation."

5. Face it: "I'll get my wife to practice the workshop with me until I'm ready. It may take 10-15 hours, but I'll do it!"

Only the last option dissolves Bob's fear.

If he avoids, ignores, alters or runs from the fear, he fails. If he faces the fear, he succeeds. He becomes a successful sales manager.

What scares you? Which of these five options do you use to deal with it?

How Nancy Stops Being Afraid

Nancy is afraid of offending people. Because of her fear, she cannot get promotions or earn more pay. Instead, she is stuck in a low-paying, boring, computer typing job that she hates. Her fear controls her.

Nancy ignores conflicts. For example, a worker in the next cubicle plays loud music. Nancy gets some earplugs.

Nancy alters problems. For example, Nancy returns to her desk to see a co-worker looking in her desk drawers. The co-worker says, "I'm looking for a pen." Nancy later notices $20 is missing. She alters the fact and says to herself, "I must have left the cash at home."

Fortunately, Nancy decides to change her life and face her fears.

She walks over to the next cubicle, looks directly at the worker and says, "Please turn down the music." The worker is stunned and turns off the radio.

Nancy then goes to the other co-worker and says, "I'm missing $20 that was in my desk before you went through it. Do you have it?" The co-worker says, "Oh, yes, I meant to ask, can I borrow it?" Nancy says, "Sorry, I need it today" and gets her $20 back.

Nancy feels great! She decides to go face her boss and ask for the management training she has always wanted. You can do the same with any of your own fears. You might think facing a fear will make the situation worse. You might think that facing the fear might even kill you. Yet letting fears control you is not a very fun life. Facing your fears makes life worth living.

How to Control Your Fears

When you look fear in the face, you gain strength, courage and confidence.

"To be happy, one only must be able to confront, which is to say, experience those things that are." — L. Ron Hubbard

It takes work and courage to face your fears. If you persist, it gets easier. If you continue to face a fear, the feeling eventually disappears.

You take control, solve your fear problems and succeed!

Eight Steps to Controlling Any Fear

1. Pick one of your fears. It doesn't need to be your biggest fear, just a fear to take control of.
2. Decide you will face this fear, sooner or later.
3. Imagine how it will be to eliminate this fear. Make a list of benefits you will earn and enjoy.
4. Break down the fear into small pieces or some tiny steps you can take to face the fear.
5. Take action with one tiny step! Face one of the small pieces. Even if you try and fail you are making progress.
6. Keep trying to face this one small part of the fear until you succeed.

7. Repeat with each part of the fear until the fear is no longer controlling you.
8. Persist for as long as it takes until the fear is no longer a problem for you.
Repeat with another fear.

Abdul Handles His Fear of Traffic

Abdul learned how to drive in his small home town where the roads are never crowded. People there would joke, "I had to wait for two cars and a tractor at a stop sign today. I hate these traffic jams!"
Because Abdul wanted to get wealthy, he found a job opening near a big city and decided to drive there for his first job interview. As he neared the city, he was shocked to see how busy the roads were. After five minutes of stressful driving, he started to sweat. His face turned white and he felt sick. He turned around and went home. Because none of the jobs near his home would pay him very much, Abdul realized he would never get rich until he learned to drive in heavy traffic. So he followed the Action Step Recommendations and decided to face this fear.
He did Step 3 and imagined how wonderful it would be to drive in traffic without any fear. He wrote down the benefits. He could earn a lot of money! Facing this fear would help him find a wife and enjoy a beautiful home.
He broke down his fear into these parts:
* Go to a place near busy traffic and just look at it.
* Ride a bus in busy traffic.
* Drive toward a city until the traffic is stressful then leave.

* Drive toward a city until the traffic is stressful then drive around
He then did each tiny step and faced each small piece of his fear.
Abdul persisted until he could handle driving in heavy traffic. He was in control of driving despite his fear.
He landed a job that paid him very well.

Summary

What fear do you want to eliminate?
Follow the Eight Action Steps and solve your fear problems.
Your success becomes much easier.

50 Ways to Motivate Yourself

Prepare

● If you're not sure how to do the task, do more preparation work.

● Do more research, work on your plans, increase your knowledge and so on.

● Once you're fully prepared, you'll know exactly what to do.

Ignore the Resistance

● If someone opposes you or upsets you or tries to block your success, stop fighting them.
● Instead, ignore them or leave them or treat them like toddlers.
● Then focus on prospering as never before

Be your BFF

● Be your best friend at all times, forever.
● Handle, or ignore any reasons why you criticize yourself, and love yourself anyway.
● Pat yourself on the back, smile at yourself and give yourself a big hug, and then get busy.

Be an Angel

● If you have any harmful intentions behind your task, you kill your motivation.
● See if you have negative intentions like revenge or hate or harm to somebody.
● Replace those with positive purposes, like improving your life or helping someone or expanding your influence

Don't Wait

● Are you waiting for someone or something to motivate you?
● If you are, stop wasting your time as you can only rely on yourself.
● Decide to be the best person to motivate you and then do it right now!

Dive In

● If you try to get out of a task you're responsible for, you'll be miserable.
● If you resist any part of the task, you'll be unmotivated.
● So accept responsibility and dive into the task with everything you've got, and you'll be much happier.

Laugh

● Consider a difficult task you need to do.
● Now laugh at it.
● Laugh again and again until the task seems easy.

Ignore Your Losses

● On a piece of paper, write down everything that goes wrong.
● Then burn it, shred it or flush it down the toilet.
● Now go for some wins.

Generously Reward Yourself

● Write down an awesome reward for completing your task.
● Whenever you slow down, remember the prize you'll be getting.
● Keep your promise to both give and accept your reward.

Pretend to Be Motivated

● Simply *act* as if you're fired up.
● Create and feel a surge of energy.
● Keep pretending until you *are* motivated.

Get Sharper

● The more you drink or use drugs, the less motivation you can generate.
● Simple pain killers and some medications can also impede your ability to think and stay sharp.
● Make your purpose more important than using chemicals to feel good.

Keep a List

● Create your own personal list of motivation tips.
● Every time you feel fired up, write down how you motivated yourself.
● Then, whenever you need to get fired up, use your list.

Be Passionate

● Make a list of all the tasks you need to do.
● Pick one that you can become passionate about.
● Turn on the passion!

Accept Unfairness

● Does any part of the task seem unfair to you?
● If so, you ruin your motivation by being angry or fighting against reality.
● Instead, accept the reality of the unfair situation, suck it up and do it anyway.

Lift a Finger

● Start the task by lifting just one finger.
● Make another hand gesture to continue starting the task.
● Move your hands until you *are* doing the task.

Countdown

● Before you start a task, do a countdown from 10.
● Say to yourself, "10 . . . 9 . . . 8 . . ." and so on.
● When you hit "0," blast off!

Consider the Penalties

● What happens if you fail to do the task?
● Use your imagination to see could happen to you.
● Then, review the rewards for making it go right until you're fired up.

Generate Clean Energy

● First, get your attention into present time.
● Next, close your eyes and create clean cheerful energy in and around yourself.
● Then build up that energy until you're enthusiastic and motivated.

Clean Up Your Thinking

● Ignore everything that ruins you mood.
● Disconnect from "the news," social media and people who aggravate you.

● Focus instead on the importance and value of your work.

Play the Game

● Turn the task into a game by expanding the three parts of a game.

● First, list the purposes, barriers and freedoms of the task.

● Now add more purposes, barriers and freedoms until you feel excited to play.

Pick ONE Thing To Do

● Briefly think of all the steps you need to take.

● Pick one you should do first.

● Focus on it until you feel ready and willing to do it.

Smile

● Think about the task and smile.

● Keep smiling as you think about the first step you'll take.

● Make your smile bigger and bigger until you start.

Reignite Your Purpose

● If your purpose has failed, get over it.

● Fire up your purpose and use more determination this time.

● Be strong and make it go right.

Make Up Any Damage

● As you power your way through a task, you might unintentionally hurt people.

● If you then avoid responsibility, give excuses or blame others for the damage, your motivation dies.

● Instead, accept responsibility, make up the damage and move on.

Block Distractions

● Prepare a distraction-free space.
● Get organized so nothing will hurt your focus.
● Then give the task 100% of your attention and begin.

Solidify Your Wins

● Record each of your successes and the details of how you did it.
● Share them, display them and review them often.
● Use these records to help you create NEW winning streaks.

Be Realistic

● If your task is too big or too challenging, you may feel overwhelmed and get nothing done.
● Instead, take small easy steps that chip away at the big task.
● Progress is progress, no matter how small your steps might be.

Connect with Winners

● Just as negative people can reduce your motivation, positive people can help fire you up.
● Make a list of Super Performer "Big Beings" who are more successful than you.
● Find ways to work with them, support them and learn from them.

No Stupid People

● Remove anyone on your team who do not actually do their jobs nor help you in any way.
● Even though they seem friendly, they frustrate you and waste your time with their pathetic performance.
● You're better off working alone.

Assume Success

● Act like your success with the task is 100% certain.
● Behave as if you have no doubts.
● Regard the task like it's easy as ABC.

End on a Win

● While working on a task that's not going well, don't end as you may not want to return.
● Instead, keep working on the task until you're happy with your progress.
● You'll return with energy and optimism.

Build a Cathedral

● Instead of feeling bored by your small tasks, like laying hundreds of bricks, remember the big picture.
● Line up your small tasks to match your goals.
● Get motivated by envisioning your cathedrals.

Stretch

● Stretch your feet, legs, shoulders, fingers and neck.
● Stand up and raise your arms as high as you can.
● Shake your fists until you're ready to go for it.

Toughen Up

● If the task seems too hard, get tougher.
● Instead of pulling back, DOUBLE the challenges of the task, and push your limits.
● Be a more powerful person than ever before.

Get Creative

● If you could build or invent anything at all, what would you create?
● If you created such a thing, would it fire you up?
● If it could also boost your success, go for it!

BE Then DO

● Before you start a task, figure out the best hat or identity for the job.

● Put on that hat and BE who you need to be.
● Once you're completely BEing that person, you'll be ready and willing to DO the task.

Face Fear

● If you're afraid of a task, you need to dive in and face it.
● Of course, you might fail or be tortured, but you won't die.
● Squint your eyes, show your teeth and go for it.

Find the Joke

● What is funny about the task?
● What about the task might make you laugh?
● Enjoy the humor of the task and get to work!

Be Honest

● You ruin your motivation by lying, cheating or stealing.
● Covering up dishonest acts also wastes valuable time and energy.
● Instead, be honest and face the facts, and your energy surges.

Take Control

● If you could control anything and everything about the task, what would you control?
● Imagine you can now control it.
● Enjoy the daydream until you're fired up.

What's the Feel-Good Prize?

● Which positive feeling will you have once you complete the task?
● Pretend you're now done with the task and enjoy the feeling.
● Let that good feeling energize you to do the task.

Learn from Failure

● Highly-successful people not only win more often than most people, they fail more often than most people, and they learn valuable lessons from each failure.
● Each time you have a loss, find the priceless lessons you can take from the loss.
● Take advantage of these lessons by using them to go for the win.

Consider the Best/Worst Cases

● Think about the worst thing that might happen if you do the task.
● Think about the best thing that might happen if you do the task.
● Go back and forth between these two ideas until you feel motivated to do it.

Skip the Hard Part

● Think about most difficult part of the task.
● Is there a way you can skip that part and still do the task?
● If not, how can you can make that part easier to do?

Be Controllable

● Does part of the task require you to be controlled or influenced?
● If so, relax and let it control you while you focus on the parts you should control.
● Your success depends on you being influenced and controlled, at times.

Pivot

● If your plan is not working, stop and switch to a new path.
● Keep your goal, but work out a different route.

● Find new steps that are more interesting to you and go for it.

Love the Task

● If you hate the task, your energy is low.
● If you love the task, your energy is high.
● So find things to love about your task until you're ready to go.

Reword Your Purpose

● Write down the purpose of your task and then revise the wording until it fires you up.
● Make sure your purpose doesn't include revenge, self-destruction or harm to good people.
● Follow purposes that are beneficial, that line up with your goals and that make you proud.

Change the Game

● If the task is actually easy, but the conditions surrounding the task are bad, you may need to change the game.
● Move to a better location, change your job, join a different group, switch careers, or whatever else you need to change.
● Get into a game that you love and unleash your potential!

Who Will Know?

● Once you complete the task, who'll know what you did?
● What do you think they'll say?
● What will they like most about your accomplishment?

15 Benefits of Being Motivated

1. Generate enthusiasm about anything you like, whenever you like.
2. Get more work done in less time.
3. Create contagious energy that motivates everyone around you.
4. Persevere despite setbacks and opposition.
5. Bounce back from stops and difficulties and keep moving forward.
6. Take on old goals that failed and make them succeed
7. More positive personal relationships.
8. Unlimited personal energy.
9. Increased courage to take on new challenges.
10. Stop procrastinating.
11. Grab opportunities when they arise.
12. Improved health from better exercise, a healthier diet and less stress.
13. Increased income from greater productivity.
14. Faster progress toward your goals.
15. More fun!

What Are Neo Colonial Modern Tactics To Influence In A Country?

Neocolonialism refers to the practice of using economic, political, cultural, or other pressures to control or influence a country, often a former colony, without direct military or political control. Modern tactics of neocolonial influence can be subtle and multifaceted. Here are some common strategies:

1. Economic Control

a. Debt Dependency

- Loans and Aid: Offering loans and aid with conditions that require the recipient country to implement specific economic policies favoring the donor country's interests.

- Debt Traps: Extending loans that are difficult to repay, leading to dependency and control over the country’s economic policies and assets.

b. Trade Imbalances

- Trade Agreements: Creating trade agreements that disproportionately benefit the more powerful country, often leading to the exploitation of resources and labor in the less powerful country.

- Export of Raw Materials: Encouraging the export of raw materials and discouraging the development of local industries, keeping the economy dependent on the powerful country.

2. Political Influence

a. Diplomatic Pressure

- Sanctions: Imposing or threatening sanctions to compel a country to follow specific political or economic policies.

- Influence in International Organizations: Using influence in international organizations like the UN, IMF, and World Bank to shape policies and decisions that favor the neocolonial power.

b. Supporting Friendly Regimes

- Regime Change: Supporting coups or regime changes that install friendly governments.

- Election Interference: Intervening in elections through funding, propaganda, or cyber tactics to ensure the election of favorable candidates.

3. Cultural Influence

a. Media and Information Control

- Media Ownership: Controlling major media outlets to influence public opinion and policy in the target country.

- Cultural Imperialism: Promoting the culture, values, and lifestyles of the neocolonial power, often undermining local cultures and identities.

b. Education and Language

- Educational Programs: Implementing educational programs that propagate the neocolonial power's values and perspectives.

- Language Dominance: Promoting the neocolonial power's language as the primary medium of instruction and business, marginalizing local languages.

4. Corporate and Resource Exploitation

a. Control of Key Industries

- Multinational Corporations: Allowing multinational corporations to dominate key industries

such as mining, agriculture, and oil, often leading to exploitation and environmental degradation.

- Intellectual Property: Enforcing strict intellectual property laws that benefit corporations from the neocolonial power, stifling local innovation.

b. Land and Resource Grabs

- Land Acquisition: Acquiring large tracts of land for agriculture or mining, often displacing local communities.

- Resource Extraction: Exploiting natural resources with little benefit to the local population and causing long-term environmental damage.

5. Military Influence

a. Military Bases and Presence

- Military Bases: Establishing military bases to project power and influence in the region.

- Arms Sales: Selling weapons and military technology to control and influence local militaries.

b. Security Assistance

- Training and Advising: Providing military training and advisors to shape the local military's strategies and loyalties.

- Peacekeeping and Humanitarian Interventions: Using peacekeeping or humanitarian missions as a pretext to exert influence and control.

6. Technological Dominance

a. Digital Infrastructure Control

- Telecommunications: Dominating telecommunications infrastructure and services, potentially allowing for surveillance and control of information flow.

- Cyber Influence: Using cyber tactics to gather intelligence, disrupt local systems, or influence public opinion.

b. Data and Privacy

- Data Exploitation: Collecting and using data from the target country for economic or political gain, often without proper regulation or oversight.

7. Soft Power

a. Cultural Diplomacy

- Cultural Centers: Establishing cultural centers to promote the neocolonial power's culture and values.

- Exchange Programs: Offering scholarships and exchange programs to create a favorable image and cultivate future leaders.

b. Humanitarian Aid and Development Programs

- Aid Dependency: Providing humanitarian aid and development programs that create dependency and influence local policies and practices.

By employing these tactics, neocolonial powers can maintain significant control over other countries, often perpetuating a cycle of dependency and underdevelopment.

What Does Neo Colonial Power Means?

"Neocolonial power" refers to a country or a group of countries that exert control and influence over other countries, typically former colonies, through indirect

means rather than direct military or political rule. This control is often exercised through economic, political, cultural, and technological means. The term "neocolonialism" is used to describe the modern form of colonialism where the dominant power maintains its influence and control without formal annexation or direct governance.

Characteristics of Neocolonial Power

1. Economic Influence:

- **Control over Resources:** Dominating the natural resources of a country through multinational corporations and trade agreements.

- **Debt Dependency:** Extending loans with conditions that bind the recipient country to specific economic policies favorable to the lender.

- **Trade Imbalances:** Creating trade relationships that benefit the neocolonial power disproportionately.

2. Political Influence:

- **Diplomatic Pressure:** Using sanctions, aid, or international diplomacy to influence the policies of other nations.

- **Support for Regimes:** Backing friendly governments, sometimes through covert operations or direct intervention, to ensure the political landscape remains favorable.

- **International Organizations:** Leveraging power in international organizations to shape global policies and decisions.

3. Cultural Influence:

- **Media and Information Control:** Dominating global media to shape narratives and public opinion in other countries.

- **Educational Systems:** Promoting educational curricula that emphasize the values and history of the neocolonial power.

- **Cultural Imperialism:** Promoting its own culture, often marginalizing local traditions and languages.

4. Technological Influence:

- **Digital Infrastructure:** Controlling telecommunications and digital infrastructures to influence communication and data flow.

- **Cyber Influence:** Using cyber capabilities to gather intelligence, influence elections, or disrupt systems.

5. Military Influence:

- Military Bases: Establishing military bases to project power and ensure strategic advantages.

- Arms Sales and Military Aid: Providing arms and military assistance to influence local militaries and maintain a foothold in the region.

6. Soft Power:

- Cultural Diplomacy: Promoting cultural exchanges, scholarships, and cultural centers to build a positive image and influence future leaders.

- Humanitarian Aid: Using humanitarian aid as a tool to gain goodwill and leverage in policy-making.

Examples of Neocolonial Practices

- Economic Dependency: Developing countries relying heavily on loans and financial aid from more developed countries, leading to a cycle of debt and economic dependency.

- Resource Exploitation: Multinational corporations from powerful nations extracting resources from developing countries, often with minimal benefit to the local populations.

- **Political Manipulation:** Influencing elections, supporting coups, or installing puppet governments to ensure favorable policies and stability for the neocolonial power's interests.

- **Cultural Domination:** Western media and entertainment dominating the cultural landscape, influencing lifestyles, values, and perceptions worldwide.

Implications of Neocolonialism

- **Economic Inequality:** Often exacerbates economic disparities between nations, with wealth and resources flowing from the developing world to the developed world.

- **Loss of Sovereignty:** Countries may lose control over their own policies and resources, leading to reduced national sovereignty.

- **Cultural Erosion:** Local cultures, languages, and traditions can be marginalized or lost in favor of the dominant culture promoted by the neocolonial power.

- **Political Instability:** Interference in domestic politics can lead to long-term instability and conflict.

Neocolonial power represents a form of dominance that perpetuates inequality and dependency through subtle and indirect means, maintaining the global hierarchy established during the colonial era.

Which We Calls Neo Colonial Powers?

Identifying specific groups, persons, organizations, or countries as neocolonial powers can be somewhat subjective and depends on the context and perspective. However, certain countries, multinational corporations, international financial institutions, and influential individuals are often cited as exercising neocolonial influence. Here are some examples:

Countries

1. United States:

- The U.S. exerts significant economic, political, and cultural influence globally through its foreign policies, military presence, multinational corporations, and cultural exports.

2. China:

- China's Belt and Road Initiative and its extensive investment in infrastructure projects in Africa, Asia, and Latin America are often seen as creating dependency and extending influence.

3. European Union Countries (e.g., France, UK):

- Former colonial powers like France and the UK continue to exert influence in their former colonies

through economic ties, military agreements, and cultural connections.

Multinational Corporations

1. Tech Giants (e.g., Google, Facebook, Amazon, Apple, Microsoft):

- These companies have significant control over global information, communication, and technology infrastructure, influencing economies and cultures worldwide.

2. Oil and Gas Companies (e.g., ExxonMobil, BP, Shell):

- These corporations often have substantial influence over the economies and politics of resource-rich developing countries.

3. Agribusinesses (e.g., Monsanto, Cargill):

- These companies control large segments of global food production and supply chains, affecting local agriculture and economies.

International Financial Institutions

1. International Monetary Fund (IMF):

- The IMF provides financial assistance to countries with conditions that often require implementing economic policies favoring free-market reforms, which can lead to dependency.

2. World Bank:

- The World Bank funds development projects but often with conditions that align with the interests of developed countries and multinational corporations.

3. World Trade Organization (WTO):

- The WTO promotes global trade rules that often benefit developed nations at the expense of developing countries.

Influential Individuals

1. Political Leaders:

- Leaders from powerful countries (e.g., U.S. presidents, Chinese presidents, EU leaders) who shape foreign policies that influence global politics and economics.

2. Business Leaders:

- CEOs of major multinational corporations who influence global markets and economic policies.

3. Philanthropists:

- Individuals like Bill Gates, whose foundations have significant influence over global health and education policies.

International Organizations and Alliances

1. North Atlantic Treaty Organization (NATO):

- NATO's military presence and interventions are often viewed as tools for maintaining the geopolitical interests of its member countries.

2. European Union (EU):

- The EU's trade agreements, economic policies, and political influence extend beyond Europe, affecting many developing countries.

Regional Powers

1. Regional Influencers (e.g., Saudi Arabia in the Middle East, India in South Asia):

- These countries exert regional influence through economic investment, political alliances, and cultural ties.

Examples of Neocolonial Practices

- U.S. Military Bases: The extensive network of U.S. military bases around the world helps maintain U.S. influence in various regions.

- Chinese Infrastructure Projects: China's investment in infrastructure projects in developing countries, often financed through loans that can lead to debt dependency.

- French Influence in Africa: France maintains military and economic ties with its former African colonies, influencing their politics and economies.

- IMF and World Bank Loans: Conditional loans that require implementing specific economic policies, often benefiting donor countries and multinational corporations.

These examples illustrate the various entities and mechanisms through which neocolonial influence is exerted in the modern world.

How Neo Colonial Powers Makes Education Sector To Get Beneficial For Them Selves?

Neocolonial powers often influence the curriculum, syllabus, and educational policies of other countries to serve their interests. This can be achieved through several mechanisms and strategies:

1. Funding and Aid Conditionalities

Neocolonial powers may provide financial aid or grants to educational institutions or governments with conditions that influence educational content and policies.

- **Foreign Aid Programs:** Countries and international organizations offer aid with stipulations on how the funds should be used, including the adoption of certain curricula.

- **Bilateral Agreements:** Agreements between countries often include provisions for educational cooperation, which can influence curriculum design.

2. Curriculum Development Partnerships

Collaborating with educational authorities in developing countries to develop and implement curricula that align with the donor country's values and priorities.

- **Textbook Provision:** Providing textbooks and educational materials that reflect the cultural and political perspectives of the neocolonial power.

- **Educational Programs:** Developing specific educational programs or courses that promote the donor country's language, culture, and values.

3. Teacher Training and Professional Development

Training teachers in methodologies and content that reflect the neocolonial power's educational philosophy.

- Teacher Exchange Programs: Sending teachers and educators to the donor country for training and education, who then return with the donor country's perspectives and methodologies.

- Workshops and Seminars: Conducting professional development workshops that focus on the neocolonial power's educational standards and content.

4. Standardization and Testing

Promoting standardized testing and educational standards that align with the donor country's system.

- International Assessments: Encouraging participation in international assessments like PISA, which may influence local education systems to align with global (often Western) standards.

- Accreditation Requirements: Setting accreditation standards that require adherence to specific curricula and teaching practices.

5. Language and Cultural Promotion

Promoting the donor country's language and culture through educational policies and programs.

- Language Requirements: Making the donor country's language a compulsory part of the curriculum.

- Cultural Exchange Programs: Sponsoring cultural exchange programs that promote the donor country's culture and values.

6. Influence of Multinational Corporations

Multinational corporations from neocolonial powers can influence educational content to create a workforce that suits their needs.

- Corporate-funded Programs: Developing educational programs funded by corporations that emphasize skills and knowledge beneficial to the company.

- Technological Integration: Providing technology and software that comes with specific educational content and pedagogical approaches.

7. Research and Academic Collaboration

Collaborating with universities and research institutions in developing countries to set research agendas and priorities.

- Joint Research Projects: Funding research projects that align with the interests of the donor country.

- Scholarships and Fellowships: Offering scholarships and fellowships to students from developing countries to study in the donor country, often leading to the adoption of their educational paradigms.

Examples of Neocolonial Influence in Education

1. Western-Developed Textbooks in Africa: Many African countries use textbooks developed by Western publishers, which often include cultural and historical perspectives that favor Western viewpoints.

2. English Language Dominance: In many former colonies, English remains the primary language of instruction, promoting Western cultural and economic ties.

3. USAID Educational Programs: The United States Agency for International Development (USAID) funds numerous educational programs worldwide, often with curriculum components that reflect American educational values and practices.

4. Confucius Institutes: China establishes Confucius Institutes in universities around the world to promote Chinese language and culture, influencing local educational content.

5. Corporate Involvement in STEM Education: Companies like Microsoft and Google fund STEM education initiatives that promote the use of their technologies and align with their business interests.

Strategies for Developing Countries to Mitigate Neocolonial Influence

- Local Curriculum Development: Investing in the development of local curricula that reflect indigenous knowledge, values, and needs.

- Teacher Empowerment: Training teachers to critically evaluate and adapt foreign educational content to local contexts.

- Policy Autonomy: Ensuring that educational policies are developed independently, with input from local stakeholders rather than foreign donors.

- Cultural Preservation: Incorporating local languages, histories, and cultures into the curriculum to maintain cultural identity and relevance.

By leveraging these strategies, neocolonial powers can shape the education systems of developing countries in ways that align with their own economic, political, and cultural interests, often at the expense of the local context and needs.

How Neo Colonial Powers Safe Their Interests By Books' Text, Words, Phrases, Phenomena And Facts They Manipulate And How?

Neocolonial powers can safeguard their interests through the content of textbooks by manipulating words, phrases, phenomena, and facts to subtly promote their cultural, political, and economic perspectives. Here are some ways they do this, along with examples of specific manipulations:

1. Historical Interpretation

a. Selective History:

- **What they do:** Presenting historical events from the perspective of the neocolonial power, often glorifying their role and downplaying negative aspects.

- **Examples:**

- **Colonialism:** Describing colonialism as a "civilizing mission" rather than a system of exploitation and oppression.

- **Independence Movements:** Minimizing the role of local resistance and emphasizing the benevolence of the colonial power in granting independence.

b. Omission of Facts:

- **What they do:** Leaving out significant events or contributions that don't align with their narrative.

- **Examples:**

- **Local Heroes:** Ignoring or downplaying the contributions of local leaders and heroes in favor of foreign figures.

- **Atrocities:** Omitting or glossing over atrocities committed by the neocolonial power.

2. Cultural Domination

a. Language Use:

- **What they do:** Using language that subtly promotes the superiority of the neocolonial culture.

- **Examples:**

  - **Descriptors:** Using terms like "primitive" or "underdeveloped" to describe local cultures and "advanced" or "modern" for the neocolonial culture.

  - **Terminology:** Preferring terms like “discovery” when referring to foreign explorers, ignoring indigenous knowledge and presence.

b. Cultural Norms and Values:

- **What they do:** Embedding cultural norms and values of the neocolonial power in the curriculum.

- **Examples:**

  - **Family Structures:** Promoting nuclear family models over extended family structures common in many cultures.

  - **Work Ethic:** Emphasizing individualism and competition over community and cooperation.

3. Economic Perspectives

a. Capitalism Promotion:

- **What they do:** Portraying capitalism as the only viable economic system.

- **Examples:**

  - **Economic Models:** Highlighting the successes of capitalist economies while ignoring or downplaying alternative economic models.

  - **Entrepreneurship:** Overemphasizing the importance of entrepreneurship and free markets.

b. Development Narratives:

- **What they do:** Framing development in terms of Western standards and practices.

- **Examples:**

  - **Progress:** Equating progress with industrialization and urbanization, often ignoring sustainable or indigenous practices.

  - **Aid:** Presenting foreign aid as benevolent and essential for development, without discussing its often exploitative conditions.

4. Political Ideologies

a. Democracy Promotion:

- **What they do:** Promoting a specific form of democracy that aligns with their own political systems.

- **Examples:**

  - **Governance:** Presenting Western-style democracy as the pinnacle of political development.

  - **Political Movements:** Downplaying successful non-Western political systems or movements.

b. Policy Preferences:

- **What they do:** Encouraging policies that benefit the neocolonial power.

- **Examples:**

  - **Trade:** Promoting free trade policies without discussing potential negative impacts on local economies.

  - **Regulation:** Emphasizing deregulation and privatization.

5. Environmental Narratives

a. Resource Utilization:

- **What they do:** Framing natural resources as commodities to be exploited.

- **Examples:**

- **Mining and Logging:** Highlighting economic benefits while downplaying environmental and social costs.

- **Agriculture:** Promoting industrial agriculture over traditional or sustainable practices.

b. Environmental Responsibility:

- **What they do:** Shifting the burden of environmental protection to developing countries.

- **Examples:**

- **Pollution:** Emphasizing pollution problems in developing countries while ignoring historical contributions to global pollution by neocolonial powers.

- **Climate Change:** Framing climate change solutions in ways that benefit the economies of developed nations.

6. Science and Technology

a. Technological Superiority:

- **What they do:** Emphasizing the technological advancements of the neocolonial power.

- **Examples:**

- **Innovation:** Highlighting innovations from the neocolonial power while ignoring or minimizing local contributions.

- **Dependency:** Creating a narrative that developing countries need technology and expertise from the neocolonial power.

b. Intellectual Property:

- **What they do:** Promoting strict intellectual property laws that benefit multinational corporations.

- **Examples:**

- **Patents:** Highlighting the importance of patents without discussing their potential to stifle local innovation and access to technology.

By manipulating the content of textbooks and educational materials in these ways, neocolonial powers can perpetuate a narrative that maintains their cultural, economic, and political dominance while marginalizing local perspectives and interests.

How Science And Technology And Philosophies And Thoughts Of Different Thinkers Serve Neo Colonial Powers?

Science, technology, and the philosophies and thoughts of different thinkers can be used by neocolonial powers to reinforce their dominance and influence over other countries. Here are ways these domains can serve neocolonial interests:

1. Science and Technology

a. Technological Dependency

- Technology Transfer: Providing developing countries with technology that creates dependency. For example, selling proprietary software or advanced machinery without building local capacity to develop and maintain similar technologies.

- Digital Infrastructure: Controlling critical digital infrastructure such as telecommunications networks, which can be used for surveillance and data collection.

- Biotechnology and Agriculture: Promoting genetically modified crops and industrial agriculture methods that require seeds, fertilizers, and pesticides produced by companies from neocolonial powers, leading to economic dependency and loss of local agricultural practices.

b. Research and Innovation

- **Intellectual Property Rights:** Enforcing strict intellectual property laws that prevent developing countries from using patented technologies, thereby ensuring that profits flow back to the neocolonial power.

- **Research Agendas:** Funding and directing research projects that align with the interests of neocolonial powers, often at the expense of local needs and priorities.

- **Brain Drain:** Attracting talented scientists and engineers from developing countries to work in institutions in neocolonial powers, depriving the home country of skilled professionals.

2. Philosophies and Thoughts of Different Thinkers

a. Economic Theories

- **Neoliberalism:** Promoting neoliberal economic policies that emphasize free markets, deregulation, and privatization, which often benefit multinational corporations and financial institutions from neocolonial powers.

- **Modernization Theory:** Advocating for development models that replicate the economic history of

neocolonial powers, often disregarding local contexts and sustainable practices.

b. Political Theories

- Liberal Democracy: Promoting liberal democracy as the ideal form of government, which may align with the political and economic interests of neocolonial powers while undermining alternative forms of governance.

- Human Rights Discourse: Using human rights rhetoric to justify interventions that serve strategic interests, while sometimes overlooking human rights abuses by allied regimes.

c. Cultural and Social Theories

- Cultural Hegemony: Spreading Western cultural values and norms through media, education, and cultural exchange programs, leading to the erosion of local cultures and traditions.

- Globalization: Promoting a version of globalization that facilitates the free flow of capital and goods from neocolonial powers, often to the detriment of local economies and cultures.

3. Influence of Thinkers and Intellectuals

a. Prominent Western Thinkers

- John Locke and Liberalism: Locke's ideas on property and government are often used to justify capitalist economic systems and political structures that favor neocolonial powers.

- Adam Smith and Capitalism: Smith's advocacy for free markets is frequently cited to support policies that open up developing countries to foreign investment and competition.

- Immanuel Kant and Universalism: Kant's ideas on universal ethics are sometimes used to promote Western moral standards globally, often disregarding cultural and moral diversity.

b. Contemporary Thinkers

- Francis Fukuyama: His "End of History" thesis promotes the idea that liberal democracy and free-market capitalism are the ultimate forms of human government, justifying the spread of these systems.

- Joseph Nye and Soft Power: Nye's concept of soft power underscores the importance of cultural influence, which neocolonial powers use to spread their values and ideologies.

Mechanisms of Influence

a. Educational Systems

- Curriculum Design: Designing educational curricula that emphasize Western scientific achievements, technological innovations, and philosophical ideas while minimizing local knowledge and contributions.

- Exchange Programs: Establishing scholarship and exchange programs that bring students from developing countries to study in neocolonial powers, often leading them to adopt and propagate these ideas back home.

b. Media and Publications

- Academic Publishing: Dominating academic publishing and research funding, which sets the agenda for global knowledge production and dissemination.

- Media Control: Controlling major global media outlets that spread specific narratives about science, technology, and philosophy, reinforcing neocolonial ideologies.

c. International Organizations

- Global Standards and Policies: Using international organizations (e.g., UN, IMF, World Bank) to set global standards and policies that reflect the interests of neocolonial powers, often based on their scientific, technological, and philosophical paradigms.

- Funding and Influence: Providing funding for international research projects and policy initiatives that promote their own interests.

By leveraging science, technology, and philosophical ideas, neocolonial powers can maintain a form of dominance that shapes the economic, political, cultural, and intellectual landscapes of other countries to their advantage.

How Global Financial/ Monetary and Economic System Serves Neo Colonial Powers?

The global financial, monetary, and economic systems often serve the interests of neocolonial powers by creating and maintaining structures that perpetuate economic dependency and inequality. Here are some ways these systems function to benefit neocolonial powers:

1. Global Financial Institutions

a. International Monetary Fund (IMF) and World Bank

- Conditional Loans: These institutions provide loans to developing countries with conditions that require implementing economic policies favoring free markets, deregulation, and privatization. These policies often open up local economies to multinational corporations from neocolonial powers.

- Structural Adjustment Programs (SAPs): SAPs impose austerity measures, reduce public spending, and encourage privatization of state-owned enterprises, which can lead to social unrest and increased poverty, while benefiting foreign investors.

- Debt Dependency: Developing countries often fall into debt traps, where they must continually borrow to repay existing debts, leading to a cycle of dependency that benefits creditor nations.

2. Trade and Investment Policies

a. Free Trade Agreements (FTAs)

- Trade Imbalances: FTAs often favor the more developed countries by granting them access to markets in developing countries while protecting their own industries through various non-tariff barriers.

- Intellectual Property Rights: Strong intellectual property laws benefit corporations from neocolonial powers by protecting their patents and copyrights, often at the expense of local industries and innovation.

b. Foreign Direct Investment (FDI)

- Resource Extraction: FDI often focuses on resource extraction industries, where profits are repatriated to the investing country, leaving little benefit for the host country.

- Tax Incentives and Loopholes: Developing countries offer tax incentives to attract FDI, which can lead to significant revenue losses and limit their ability to invest in local development.

3. Monetary Policies and Exchange Rates

a. Currency Manipulation

- Exchange Rate Policies: Neocolonial powers can influence exchange rates to make their exports more competitive while making imports from developing countries more expensive, exacerbating trade imbalances.

- Dollar Hegemony: The dominance of the US dollar in global trade and finance gives the United States significant influence over global monetary policies and economic stability.

4. Global Supply Chains

- Labor Exploitation: Global supply chains are often structured to exploit cheap labor in developing countries while maximizing profits for corporations from neocolonial powers.

- Environmental Degradation: Multinational corporations often engage in environmentally damaging practices in developing countries, avoiding stricter regulations in their home countries.

5. International Trade Organizations

a. World Trade Organization (WTO)

- Trade Rules and Disputes: The WTO enforces trade rules that often benefit developed nations. Dispute resolution mechanisms can disadvantage developing countries that lack the resources to effectively participate.

- Agricultural Subsidies: Developed countries often subsidize their own agricultural sectors, making it difficult for farmers in developing countries to compete.

6. Capital Flows and Financial Markets

a. Speculative Capital

- Volatility: Speculative capital flows can cause financial volatility and crises in developing countries, which often

result in IMF or World Bank intervention and the imposition of austerity measures.

- Capital Flight: Wealth generated in developing countries often flows to financial centers in developed countries, exacerbating inequality and underdevelopment.

7. Philanthropy and Aid

- Tied Aid: Foreign aid is often tied to the purchase of goods and services from the donor country, benefiting their own economies while limiting the effectiveness of the aid.

- Policy Influence: Aid organizations and philanthropic foundations from neocolonial powers can influence policy decisions in recipient countries to align with their own interests.

Mechanisms of Influence

a. Policy Conditionalities

- Economic Liberalization: Conditionalities often require countries to liberalize their economies, reducing tariffs, and opening up to foreign investment, which benefits multinational corporations.

- Privatization: Conditionalities frequently push for the privatization of state-owned enterprises, often resulting in foreign ownership and control of key industries.

b. Technological and Managerial Expertise

- Consulting Firms: International consulting firms from neocolonial powers often play a significant role in advising on economic policies, often promoting neoliberal agendas.

- Technical Assistance: Providing technical assistance with strings attached can influence the direction of economic policy and development projects.

Case Studies

1. Greece (Eurozone Crisis): The austerity measures imposed by the EU and IMF during the Eurozone crisis led to significant social and economic challenges in Greece, benefiting European creditors.

2. Argentina (2001 Crisis): The IMF's involvement and its conditionalities led to severe economic and social consequences, while prioritizing repayment to international creditors.

3. Africa (Debt Crisis): Many African countries have faced debt crises, often exacerbated by loans from

international financial institutions that come with strict conditions favoring neoliberal economic policies.

Conclusion

The global financial, monetary, and economic systems often serve the interests of neocolonial powers by perpetuating economic dependency, promoting policies that favor developed nations, and exploiting the resources and labor of developing countries. Through mechanisms like conditional loans, trade agreements, and the influence of multinational corporations, these powers maintain a dominant position in the global economic order.

Colonialism and Rothschild

The Rothschild dynasty, particularly prominent from the 18th century onward, is often associated with significant influence and power, especially in financial and political spheres. However, their power is often exaggerated in popular culture and conspiracy theories. Here's an overview of how their influence worked within the context of colonial and global power dynamics:

1. Financial Influence:

- **Banking Network:** The Rothschild family established a vast banking network across Europe. By financing governments and major industrial projects, they gained significant leverage and influence over political decisions and economic policies.

- **Government Loans:** The Rothschilds provided substantial loans to governments, especially during wars. For example, they funded the British government during the Napoleonic Wars and other European governments during times of crisis. This financial support often came with terms that could influence government policies.

2. Economic Impact:

- **Industrial Investments:** The Rothschilds invested in various industries, including railways, mining, and oil. Their investments often helped shape the economic development of regions, including colonies.

- **Infrastructure Projects:** By financing infrastructure projects, such as railways in colonial territories, the Rothschilds contributed to the economic exploitation and development of these regions. These projects facilitated resource extraction and the integration of colonies into the global economy.

3. Political Connections:

- **Diplomatic Influence:** Through their extensive network and financial influence, the Rothschilds maintained close relationships with many European monarchies and political leaders. This access allowed them to influence diplomatic and political decisions, including those related to colonial policies.

- **Advisory Roles:** Members of the Rothschild family often served as advisors to political leaders, further extending their influence over policy decisions.

4. Cultural and Social Influence:

- **Philanthropy and Patronage:** The Rothschilds were known for their philanthropy and support of arts, sciences, and education. This patronage helped shape cultural and social landscapes, which indirectly influenced societal norms and ideologies, including those related to colonialism.

- **Public Perception:** The Rothschilds' prominence and success contributed to their portrayal as a symbol of wealth and power, affecting public perception and discourse about finance and colonialism.

5. Globalization and Colonialism:

- **Capital Flow:** The Rothschilds played a significant role in the flow of capital across borders, which was

crucial for the expansion and maintenance of colonial empires. Their financial activities facilitated the movement of resources and wealth between the metropoles and colonies.

- **Economic Policies:** By influencing economic policies, the Rothschilds indirectly impacted colonial administration and exploitation practices, as economic decisions in Europe often determined the management of colonies.

Criticisms and Conspiracies:

The Rothschilds have been the subject of numerous conspiracy theories, often anti-Semitic in nature, that exaggerate their influence and attribute global events to their machinations. It's important to distinguish between their real historical impact and these unfounded theories.

Conclusion:

The Rothschild dynasty's power primarily stemmed from their financial acumen, strategic investments, and extensive networks. While they did exert significant influence over economic and political matters, including those related to colonialism, their power was part of a broader system of imperial and capitalist expansion rather than a singular control over colonial policies.

Mechanism of Influence of Secret Societies

In addition to the Rothschild family, there were several other influential families and entities that played significant roles in controlling colonial powers and shaping global policies. These families and entities often worked through banking, industrial, and political channels to exert influence. Here are some notable examples:

1. The Rockefellers:

- **Oil Industry:** The Rockefeller family's wealth originated from the oil industry, particularly through Standard Oil, which became a dominant force in the global oil market.

- **Philanthropy and Influence:** The Rockefellers used their wealth to establish philanthropic foundations, universities, and research institutions, which allowed them to influence education, science, and public policy.

- **Political Connections:** The family maintained close ties with political leaders and played significant roles in shaping U.S. foreign and domestic policy, indirectly impacting colonial and global power dynamics.

2. The Morgans:

- **Banking and Finance:** The J.P. Morgan banking empire was a major player in global finance. The Morgan family financed various governments and industries, exerting significant influence over economic policies.

- **Industrial Influence:** The Morgans invested heavily in railroads, steel, and other industries, shaping the economic landscape of both the U.S. and other regions, including colonies.

3. The Vanderbilts:

- **Railroad Empire:** The Vanderbilt family's wealth came primarily from the railroad industry. They controlled major transportation networks that were vital for economic development and resource extraction in both the U.S. and colonies.

- **Social Influence:** The Vanderbilts were known for their social prominence and patronage of the arts, which helped shape cultural norms and elite networks.

4. The Du Ponts:

- **Chemical Industry:** The Du Pont family established a powerful chemical manufacturing empire that supplied munitions and other materials to various governments.

- **Political Influence:** The Du Ponts had significant political influence, particularly in the U.S., where they

lobbied for policies that benefited their business interests.

5. European Aristocratic Families:

- **Rothschilds in Europe:** Beyond the Rothschilds, other European aristocratic families, such as the Habsburgs, Romanovs, and Bourbons, held significant political and economic power. Their colonial ventures were often supported by financial networks and alliances with banking families.

- **British Aristocracy:** In Britain, families like the Cecils and the Cavendishes held vast estates and political power, often benefiting from colonial exploitation.

Mechanisms of Influence:

1. Banking and Finance:

- **Loans and Investments:** These families provided crucial loans to governments for wars and infrastructure projects. In return, they often received concessions, such as control over natural resources and trade routes.

- **Stock Markets and Corporations:** By controlling large corporations and influencing stock markets, these families could steer economic policies and colonial exploitation.

2. Political Connections:

- Lobbying and Advisory Roles: These influential families often had direct access to political leaders, serving as advisors or lobbyists to shape policies that favored their interests.

- Marriages and Alliances: Strategic marriages and alliances between powerful families further consolidated their control over political and economic systems.

3. Philanthropy and Social Influence:

- Foundations and Think Tanks: By establishing foundations and think tanks, these families could promote ideologies and policies that aligned with their interests.

- Cultural Patronage: Support for the arts, education, and sciences helped shape societal values and norms, reinforcing their influence.

How Countries Serve These Interests:

1. Economic Policies: Governments often adopt economic policies that favor the interests of these powerful families and their corporations, such as deregulation, tax incentives, and trade agreements.

2. Resource Access: Colonial and post-colonial governments have facilitated access to natural resources,

ensuring that multinational corporations controlled by these families can extract and profit from them.

3. Military Support: Some countries provide military support to protect the interests of these powerful families, ensuring stability in regions where they have significant investments.

4. Legal Frameworks: Legal systems and regulations are often shaped to protect the assets and interests of these families, ensuring their continued dominance.

Conclusion:

The Rothschilds, along with other influential families like the Rockefellers, Morgans, Vanderbilts, and Du Ponts, played significant roles in shaping global power dynamics through their financial, industrial, and political influence. Their legacy continues to impact modern economic and political systems, with countries often adopting policies that serve the interests of these powerful entities. Understanding this historical context helps explain the enduring influence of these families on global affairs.

Tools of Secret Societies to Control the Countries of the World

The concept of "secret societies" exerting control over heads of state often veers into the realm of conspiracy theories. However, powerful families and influential

groups do employ various tools and methods to influence political leaders and shape policy decisions. Here are some of the mechanisms and tools they use:

1. Financial Leverage:

- **Loans and Aid:** Providing financial assistance, loans, or bailouts to governments can create dependencies, allowing lenders to influence national policies and decisions.

- **Campaign Contributions:** Significant donations to political campaigns can secure access and favor from elected officials.

2. Lobbying and Advocacy:

- **Lobbyists:** Employing lobbyists to advocate for specific policies or regulations that benefit their interests.

- **Think Tanks and Policy Institutes:** Funding think tanks and research institutions that produce policy recommendations aligned with their interests.

3. Economic Influence:

- **Corporate Control:** Controlling major corporations and industries that are vital to a country's economy can

provide leverage over political leaders who need to ensure economic stability and job creation.

- **Market Manipulation:** Influencing stock markets and commodity prices to create favorable conditions for certain policies or leaders.

4. Media and Public Relations:

- **Media Ownership:** Owning or controlling major media outlets to shape public opinion and influence political discourse.

- **Public Relations Campaigns:** Using PR firms to create positive or negative narratives about political leaders or policies.

5. Philanthropy and Social Influence:

- **Foundations and Charities:** Establishing philanthropic organizations that support educational, cultural, and social initiatives can create goodwill and influence societal values.

- **Educational Institutions:** Funding universities and scholarships to shape the education of future leaders and create networks of influence.

6. Personal Relationships and Networks:

- **Social Events and Clubs:** Hosting exclusive social events, clubs, and gatherings where political and business leaders can network and form alliances.

- **Advisory Roles:** Serving as unofficial advisors or confidants to political leaders, offering counsel and guidance.

7. Intelligence and Surveillance:

- **Data Collection:** Gathering intelligence on political leaders, including their personal and financial activities, to gain leverage.

- **Surveillance:** Using surveillance to monitor and potentially compromise political leaders.

8. Legal and Regulatory Pressure:

- **Lawsuits and Legal Challenges:** Using the legal system to challenge or support policies and decisions that align with their interests.

- **Regulatory Influence:** Shaping regulations and standards through lobbying and advisory roles within regulatory bodies.

9. Cultural and Ideological Influence:

- **Cultural Patronage:** Supporting arts, literature, and cultural initiatives that promote certain ideologies and values.

- **Educational Curricula:** Influencing educational curricula to promote specific historical narratives and economic theories.

Notable Examples and Historical Context:

- **Rothschilds and European Monarchies:** The Rothschild family historically provided loans to various European monarchies, gaining influence over political decisions during times of war and economic crisis.

- **Rockefellers and U.S. Policy:** The Rockefeller Foundation has had significant influence over U.S. public health policies, education, and international relations through its philanthropic activities.

- **Morgans and Industrial Policy:** J.P. Morgan played a crucial role in stabilizing the U.S. economy during financial crises, which gave him substantial leverage over government policies.

Conclusion:

While the notion of "secret societies" controlling heads of state is often exaggerated, influential families and powerful groups do employ a range of tools to shape

policies and influence political leaders. These mechanisms include financial leverage, lobbying, media control, personal relationships, and philanthropy. Understanding these tools provides insight into how power and influence operate within political and economic systems.

Why People in able to Fight Back And Don't Get Their Rights

The inability of the general populace to effectively combat the influence of powerful entities and secret societies can be attributed to several complex and interrelated factors:

1. Lack of Awareness and Misinformation:

- **Misinformation:** Many people are unaware of the extent of influence these powerful entities have due to misinformation, media control, and propaganda.

- **Complexity of Issues:** The strategies and mechanisms used by these entities are often complex and not easily understood by the general public.

2. Media Control:

- **Ownership and Influence:** Many powerful families and groups own or influence major media outlets, shaping public perception and controlling the narrative.

- **Censorship and Bias:** Media may suppress certain information while promoting narratives that align with the interests of powerful entities.

3. Political Corruption and Influence:

- **Campaign Financing:** Politicians often rely on funding from wealthy donors, which can lead to corruption and policies that favor these donors over the public interest.

- **Lobbying:** Extensive lobbying by powerful entities can shape legislation and regulations in their favor, often at the expense of the public.

4. Economic Dependence:

- **Job Creation:** Many powerful entities control major industries that provide jobs and economic stability, making it difficult for people to oppose them without risking their livelihoods.

- **Financial Influence:** Economic policies and financial systems are often designed to benefit powerful entities, creating a dependency that is hard to break.

5. Legal and Political Barriers:

- **Legal Challenges:** Powerful entities often have the resources to engage in prolonged legal battles, making it difficult for individuals or smaller groups to challenge them.

- **Regulatory Capture:** Regulatory agencies may be influenced or controlled by the very entities they are supposed to regulate, undermining efforts to hold them accountable.

6. Surveillance and Control:

- **Data Collection:** Extensive surveillance and data collection can be used to monitor and suppress dissent.

- **Security Apparatus:** Powerful entities may have connections with security forces and law enforcement, which can be used to intimidate or suppress opposition.

7. Social and Psychological Factors:

- **Apathy and Despair:** Many people feel powerless or apathetic in the face of such overwhelming influence, leading to inaction.

- **Distraction and Entertainment:** The proliferation of entertainment and distractions can divert attention away from important issues and reduce public engagement.

8. Fragmentation and Division:

- **Divide and Conquer:** Powerful entities may exploit social, political, and economic divisions to prevent unified opposition.

- **Lack of Coordination:** Grassroots movements and opposition groups often lack coordination and resources compared to the well-organized structures of powerful entities.

9. Cultural and Ideological Influence:

- **Cultural Hegemony:** The promotion of certain cultural values and ideologies can normalize and justify the influence of powerful entities.

- **Education Systems:** Control over educational curricula can shape public perceptions and understanding of power dynamics from a young age.

Potential Solutions and Strategies:

1. Education and Awareness:

- **Promote Critical Thinking:** Encourage education systems to teach critical thinking and media literacy to help people identify and resist misinformation.

- **Alternative Media:** Support independent and alternative media sources that provide unbiased and comprehensive coverage of important issues.

2. Political and Legal Reforms:

- **Campaign Finance Reform:** Advocate for reforms that limit the influence of money in politics.

- **Strengthen Regulations:** Ensure regulatory agencies are independent and capable of holding powerful entities accountable.

3. Economic Initiatives:

- **Support Small Businesses:** Promote policies that support small and local businesses to reduce economic dependence on major corporations.

- **Economic Justice Movements:** Engage in movements that advocate for economic justice and fair distribution of resources.

4. Social Movements and Activism:

- **Grassroots Organizing:** Build strong grassroots movements that can mobilize large numbers of people to advocate for change.

- **Coalition Building:** Foster coalitions and alliances among different groups to create a unified front against powerful entities.

5. Technology and Innovation:

- **Digital Activism:** Use digital tools and platforms to organize, share information, and mobilize people.

- **Transparency Technologies:** Develop and support technologies that promote transparency and accountability in governance and business.

Conclusion:

The struggle against the influence of powerful entities and secret societies is multifaceted and challenging, but not impossible. By increasing awareness, promoting education, advocating for political and economic reforms, and building strong, coordinated social movements, people can work towards reducing the undue influence of these entities and creating a more equitable and just society.

Role of Secret Societies in Controlling the Prices of Stock Commodities

The influence of powerful financial families like the Rothschilds and other influential entities on global financial markets, including the prices of gold, world

currencies, and other stock commodities, has been a topic of much debate and speculation. While the extent of their control is often exaggerated in conspiracy theories, there are several mechanisms through which such entities can exert significant influence.

Mechanisms of Influence

1. Banking and Financial Networks:

- **Central Banks:** Influential financial families and entities often have close relationships with central banks, which play a crucial role in setting monetary policy and influencing currency values.

- **Investment Banks:** Through investment banking activities, these entities can influence markets by underwriting, trading, and advising on mergers and acquisitions.

2. Gold Market:

- **Gold Reserves:** Holding large reserves of gold gives these entities the ability to influence gold prices through buying and selling in large quantities.

- **Gold Trading:** By participating in gold futures and options markets, they can affect market sentiment and prices.

3. Currency Markets:

- Forex Trading: Large-scale trading in the foreign exchange (forex) markets can influence currency values. Entities with significant capital can engage in such trading to impact currency rates.

- Currency Manipulation: By leveraging financial instruments and capital flows, they can exert pressure on currency exchange rates.

4. Stock and Commodity Markets:

- Market Manipulation: Engaging in practices such as insider trading, market manipulation, and the use of derivative instruments can influence stock and commodity prices.

- Influence on Corporations: By holding significant shares in major corporations, they can influence corporate decisions that affect stock prices and commodity markets.

Historical and Modern Examples

1. Rothschild Family:

- 19th Century Influence: The Rothschild family was instrumental in financing governments during the 19th century, including providing loans for wars and

infrastructure projects. Their vast network allowed them to gather critical financial information, which they used to their advantage in the markets.

- Gold Market: The Rothschild family has historically been involved in the gold market, including the establishment of the London Gold Fixing in 1919, which set the price of gold.

2. Other Influential Entities:

- Rockefeller Family: The Rockefellers have had significant influence over the oil market and related commodities through their control of Standard Oil and its successor companies.

- JP Morgan: J.P. Morgan and his successors have played key roles in stabilizing financial markets, including the Panic of 1907. JP Morgan Chase, as a major investment bank, continues to influence global financial markets.

Influence on the US Dollar

1. Petrodollar System:

- The petrodollar system, established in the 1970s, requires oil to be traded in US dollars. This system, supported by influential financial entities, has helped maintain the dollar's dominance in global trade.

2. US Treasury Bonds:

- Large financial institutions and influential families invest heavily in US Treasury bonds, providing the US government with capital while also supporting the dollar's value.

Regulatory and Institutional Influence

1. Regulatory Bodies:

- Influence on Policy: Through lobbying and direct influence, these entities can shape regulations and policies that affect financial markets.

- Advisory Roles: Serving in advisory roles or on the boards of regulatory institutions gives them a voice in policy-making.

2. Global Institutions:

- IMF and World Bank: These entities often have significant influence over international financial institutions like the International Monetary Fund (IMF) and the World Bank, which can impact global economic policies and currency stability.

Conclusion

While powerful financial families like the Rothschilds and other influential entities do not have absolute control over global financial markets, they do exert significant influence through their banking networks, investment activities, and relationships with key institutions. Their impact on the prices of gold, world currencies, especially the US dollar, and other stock commodities is facilitated through various mechanisms of market participation and regulatory influence. Understanding their role requires a nuanced approach that separates verifiable financial activities from exaggerated conspiracy theories.

How Colonial Power Manipulate History In Schools, Universities And Colleges And Why?

Colonial powers and their successors have historically manipulated history in educational institutions to maintain control and influence over populations. This manipulation serves several purposes: to legitimize their rule, to promote their cultural and political values, and to suppress dissent and resistance. Here are some ways in which history is manipulated in schools, universities, and colleges, and the reasons behind these actions:

Methods of Manipulation

1. Selective Narratives:

- **Emphasis on Positive Aspects:** Colonial powers often highlight the supposed benefits of colonization, such as infrastructure development, modernization, and the introduction of education and legal systems, while downplaying or ignoring the exploitation, violence, and oppression involved.

- **Omission of Atrocities:** Significant events like massacres, genocides, forced labor, and other brutal aspects of colonial rule are often omitted or minimized in history curricula.

2. Glorification of Colonizers:

- **Heroic Depictions:** Colonizers and colonial administrators are often depicted as heroic figures bringing civilization and progress to "backward" regions, while resistance leaders are portrayed as rebels or troublemakers.

- **Eurocentric Perspectives:** History is presented from a Eurocentric viewpoint, emphasizing European achievements and perspectives while marginalizing or misrepresenting the perspectives of colonized peoples.

3. Distortion of Facts:

- **Reinterpretation of Events:** Historical events are reinterpreted to fit a narrative that justifies colonial actions. For example, wars of conquest might be framed as necessary actions to bring stability and order.

- **Misinformation:** Facts can be distorted or fabricated to create a certain perception. This includes exaggerating the primitiveness of indigenous societies or the supposed chaos before colonial intervention.

4. Curriculum Control:

- **Centralized Education Systems:** Colonial powers often establish centralized education systems where curricula are controlled and standardized to ensure uniformity in the portrayal of history.

- **Textbook Censorship:** Textbooks are carefully curated and censored to align with the desired narrative, often omitting inconvenient truths or critical perspectives.

5. Cultural Imperialism:

- **Imposition of Language:** The imposition of the colonizer's language in education systems marginalizes indigenous languages and literatures, promoting a colonial worldview.

- **Suppression of Indigenous Knowledge:** Indigenous histories, cultures, and knowledge systems are often suppressed or devalued in favor of colonial narratives.

Reasons for Manipulating History

1. Legitimization of Rule:

- **Moral Justification:** By portraying colonization as a benevolent and civilizing mission, colonial powers justify their rule and mitigate the moral implications of their actions.

- **Legal Justification:** Historical narratives can be manipulated to create a legal and historical basis for territorial claims and governance structures imposed by colonizers.

2. Cultural Hegemony:

- **Cultural Superiority:** Promoting the idea of cultural superiority helps to maintain the social and cultural dominance of the colonizers over the colonized.

- **Assimilation:** By instilling colonial values and beliefs through education, colonizers aim to assimilate the colonized populations, reducing resistance and fostering loyalty.

3. Suppression of Dissent:

- **Control of Knowledge:** Controlling historical narratives helps to suppress dissent and resistance by preventing the colonized from learning about their own histories of resistance and self-determination.

- **Discouragement of Nationalism:** By undermining the historical significance of pre-colonial societies and resistance movements, colonial powers discourage nationalist sentiments and movements for independence.

4. Economic Interests:

- **Justification for Exploitation:** Manipulating history can justify economic exploitation by framing it as a necessary part of the civilizing mission, rather than as a means of extracting resources and labor for the benefit of the colonizers.

- **Control of Resources:** By rewriting histories to suggest that colonized regions were underutilized or mismanaged before colonization, colonial powers justify their continued control over valuable resources.

Modern Implications

The manipulation of history in educational institutions has lasting effects on post-colonial societies. It can lead to:

- Identity Confusion: People in post-colonial societies may struggle with identity issues due to the lack of accurate representation of their own histories and cultures.

- Continued Inequality: The perpetuation of colonial narratives can reinforce existing social and economic inequalities by legitimizing the structures established during colonial rule.

- Intergenerational Trauma: The misrepresentation and omission of historical atrocities can contribute to intergenerational trauma, as communities are denied the opportunity to fully understand and process their past.

Conclusion

Manipulating history in educational institutions serves to maintain control and influence over populations by legitimizing colonial rule, promoting cultural and political values, and suppressing dissent. Understanding these methods and reasons is crucial for decolonizing education and ensuring that historical narratives are accurate, inclusive, and reflective of diverse perspectives. Efforts to decolonize curricula and promote indigenous

knowledge and perspectives are essential steps towards achieving historical justice and reconciliation.

Why Colonial Powers Distort and Destroy the Religious Anthropology, Epistemology, Theological, Identity Man Especially Islamic and Quranic and How?

Colonial powers have historically distorted and destroyed religious anthropology, epistemology, theology, and identity, particularly in the context of Islam and the Quran, as part of their broader strategy of control and domination. The reasons and methods for these actions can be understood through various lenses, including political, cultural, and economic motivations. Here's a detailed look at why and how colonial powers engaged in these practices:

Reasons for Distortion and Destruction

1. Political Control:

- **Suppressing Resistance:** Religious and cultural identity can be a powerful source of resistance against colonial rule. By undermining these identities, colonial

powers aimed to weaken the resolve of the colonized populations and suppress potential uprisings.

- **Divide and Rule:** Distorting religious beliefs and practices can create divisions within the colonized society. By fostering sectarianism or religious conflicts, colonial powers could better manage and control the population.

2. Cultural Hegemony:

- **Imposing Western Values:** Colonial powers sought to impose Western values and norms, often viewing indigenous religions and cultures as inferior. This cultural imperialism aimed to replace local traditions with those of the colonizers.

- **Erasing Indigenous Knowledge:** By undermining local religious and cultural knowledge systems, colonial powers aimed to erase the intellectual and spiritual heritage of the colonized peoples, making them more amenable to colonial rule.

3. Economic Exploitation:

- **Justifying Exploitation**: Dehumanizing and demonizing the religious and cultural practices of the colonized populations helped justify economic exploitation and the extraction of resources.

- **Facilitating Conversion:** Promoting conversion to Christianity or other Western religions often came with economic incentives, such as access to education, employment, and social mobility, thereby facilitating economic exploitation.

Methods of Distortion and Destruction

1. Education and Curricula:

- **Altered Textbooks:** Educational materials were often revised to present a distorted view of Islamic history and theology, emphasizing negative aspects or outright fabricating historical events.

- **Suppressing Islamic Education:** Traditional Islamic education systems, such as madrasas, were often suppressed or co-opted to align with colonial narratives.

2. Legal and Administrative Measures:

- **Reforming Legal Systems:** Colonial powers often replaced or modified Islamic legal systems (Sharia) with Western legal codes, undermining the religious and social order.

- **Regulating Religious Institutions:** Control over mosques and religious endowments (waqf) allowed colonial administrations to influence religious leadership and practices.

3. Media and Propaganda:

- Negative Stereotyping: Colonial media portrayed Islam and its followers in a negative light, emphasizing stereotypes of violence, backwardness, and fanaticism.

- Promoting Western Norms: Through literature, newspapers, and other media, colonial powers promoted Western cultural and religious norms while disparaging Islamic ones.

4. Cultural and Religious Repression:

- Destruction of Religious Sites: Mosques, shrines, and other religious sites were sometimes destroyed or repurposed to diminish their significance.

- Banning Religious Practices: Certain religious practices and expressions of faith were banned or heavily regulated to reduce their visibility and importance.

5. Intellectual Marginalization:

- Suppressing Scholars: Islamic scholars and intellectuals who resisted colonial rule or promoted traditional knowledge were often persecuted, imprisoned, or marginalized.

- **Distorting Islamic Thought:** Western scholars and orientalists sometimes misinterpreted or misrepresented Islamic theology and philosophy, creating a distorted understanding that aligned with colonial interests.

Specific Impacts on Islamic and Quranic Identity

1. Identity Crisis:

- **Cultural Alienation:** The erosion of Islamic and Quranic identity led to cultural alienation, where colonized individuals felt disconnected from their heritage and traditions.

- **Loss of Self-Respect:** Constant denigration of Islamic beliefs and practices resulted in a loss of self-respect and confidence among Muslims, leading to internalized inferiority complexes.

2. Fragmentation of Knowledge:

- **Epistemological Disruption:** The replacement of Islamic epistemological frameworks with Western ones disrupted the continuity of knowledge transmission and intellectual traditions.

- **Loss of Historical Continuity:** Distorting historical narratives created a fragmented understanding of

Islamic history and undermined the sense of historical continuity and pride.

3. Religious Confusion:

- **Theological Misunderstandings:** Misrepresentation of Quranic teachings and Islamic theology led to confusion and misinterpretation among Muslims themselves.

- **Sectarian Tensions:** Exploiting theological differences to create sectarian tensions weakened the unity and strength of Muslim communities.

Conclusion

The manipulation of religious anthropology, epistemology, theology, and identity, particularly in the context of Islam and the Quran, by colonial powers was a deliberate strategy to maintain control and facilitate domination. By undermining the religious and cultural foundations of the colonized societies, colonial powers aimed to suppress resistance, impose their cultural values, and justify their exploitation. Understanding these historical processes is crucial for addressing the lingering effects of colonialism and fostering a more accurate and respectful understanding of Islamic history and identity.

What Are the Fears of Colonial Powers from Islam and Other Religions?

Colonial powers had several motivations and fears that drove them to manipulate and undermine religious anthropology, epistemology, theology, and identity, particularly in the context of Islam and the Quran. These fears were rooted in the desire to maintain control, suppress resistance, and ensure the continued exploitation of colonized regions. Here's a closer look at the specific fears and motivations:

1. Fear of Resistance and Rebellion

- Organized Opposition: Religious and cultural identities often serve as rallying points for resistance against oppressive regimes. Islamic teachings, which emphasize justice, community, and resistance against tyranny, could inspire organized opposition to colonial rule.

- Unified Movements: A strong, unified religious identity can unite diverse groups against a common oppressor. By undermining Islamic identity, colonial powers aimed to prevent such unity and weaken collective resistance.

2. Desire for Cultural and Ideological Dominance

- Cultural Superiority: Colonial powers often believed in the superiority of Western culture and sought to impose their values and norms on colonized populations. Undermining Islamic theology and epistemology was part of a broader strategy to replace indigenous cultures with Western ideals.

- Cultural Assimilation: By eroding Islamic identity, colonial powers aimed to assimilate colonized populations into Western cultural frameworks, making them more compliant and easier to govern.

3. Economic Exploitation

- Resource Control: Islamic principles that promote social justice, equitable distribution of resources, and resistance to exploitation could challenge the economic interests of colonial powers. Undermining these principles made it easier to exploit resources and labor without facing organized resistance.

- Labor Control: Distorting Islamic teachings about work, justice, and fair treatment helped justify the exploitation of labor and the imposition of harsh economic policies that benefited colonial powers.

4. Political Stability and Control

- Suppression of Political Activism: Islamic teachings often include principles of governance, justice, and

accountability that could inspire political activism and demand for self-rule. By undermining these teachings, colonial powers sought to prevent political mobilization and maintain their grip on power.

- Divide and Rule: Creating divisions within Muslim communities through theological manipulation and sectarianism helped colonial powers implement a divide-and-rule strategy, making it easier to control fragmented and weakened populations.

5. Intellectual and Ideological Control

- Suppression of Indigenous Knowledge: Islamic epistemology and intellectual traditions posed a threat to the intellectual and ideological hegemony of colonial powers. By marginalizing these traditions, colonial powers aimed to impose their own educational and philosophical systems.

- Control of Education: Controlling the narrative in educational institutions ensured that future generations would grow up with a colonial worldview, making them less likely to challenge colonial rule and more likely to accept Western dominance.

Methods of Undermining Islamic and Quranic Aspects

1. Distortion of Religious Teachings

- **Misinterpretation:** Colonial powers and their allies often misinterpreted or selectively presented Islamic teachings to portray them as backward or violent.

- **Orientalism:** Western scholars and orientalists sometimes presented biased and distorted views of Islamic theology and history to justify colonial policies.

2. Educational Reforms

- **Control of Curriculum:** By controlling the educational curriculum, colonial powers ensured that the history and teachings of Islam were presented in a way that suited their interests.

- **Suppression of Islamic Education:** Traditional Islamic educational institutions were often undermined or replaced with Western-style schools that promoted colonial narratives.

3. Cultural Repression

- **Banning Religious Practices**: Certain Islamic practices and expressions were banned or heavily regulated to diminish their importance and visibility.

- **Destruction of Religious Sites:** Significant religious sites were destroyed or repurposed to weaken the religious and cultural identity of Muslim communities.

4. Media and Propaganda

- **Negative Stereotyping:** Media controlled by colonial powers frequently portrayed Muslims in a negative light, reinforcing stereotypes and justifying colonial policies.

- **Promotion of Western Norms:** Colonial media and literature promoted Western cultural and religious norms while disparaging Islamic ones.

Conclusion

The manipulation and undermining of Islamic and Quranic aspects by colonial powers were driven by fears of resistance, desires for cultural and ideological dominance, economic exploitation, and the need for political stability and control. These actions were part of a broader strategy to maintain power, suppress dissent, and ensure the continued dominance of colonial interests. Understanding these motivations and methods is crucial for addressing the historical and ongoing impacts of colonialism on Islamic identity and broader cultural and religious identities in colonized regions.

How to defeat Colonialism?

Defeating the lingering effects of colonialism and its tactics requires a multifaceted strategy that involves education, cultural revival, economic empowerment,

political reform, and international solidarity. Here are some key strategies that people around the world can adopt:

1. Education and Awareness

A. Decolonizing Education

- Curriculum Reform: Revise educational curricula to include accurate and comprehensive histories of colonized peoples, emphasizing their contributions, resistance, and perspectives.

- Critical Thinking: Encourage critical thinking and analysis of historical narratives, questioning colonial biases and promoting diverse viewpoints.

- Language Preservation: Promote and preserve indigenous languages as a means of maintaining cultural identity and transmitting knowledge.

B. Public Awareness Campaigns

- Media Literacy: Educate the public on how to critically consume media and recognize biased or distorted representations of history and culture.

- Public Discourse: Foster open discussions and debates on the impacts of colonialism and the importance of decolonization.

2. Cultural Revival

A. Reclaiming Identity

- Cultural Festivals: Organize cultural festivals and events that celebrate indigenous cultures, traditions, and histories.

- Art and Literature: Support artists, writers, and filmmakers who focus on decolonial themes and narratives.

B. Preservation of Heritage

- Protecting Heritage Sites: Safeguard and restore historical and cultural sites that hold significance for colonized peoples.

- Archival Projects: Collect and preserve oral histories, traditional knowledge, and cultural artifacts.

3. Economic Empowerment

A. Building Local Economies

- Support Local Businesses: Promote local businesses and industries to reduce dependency on foreign corporations and stimulate local economies.

- Sustainable Development: Advocate for development projects that prioritize sustainability and the well-being of local communities.

B. Fair Trade and Ethical Consumption

- Consumer Awareness: Educate consumers about the impacts of their purchasing choices and promote fair trade and ethically sourced products.

- Economic Justice Movements: Support movements and policies aimed at achieving economic justice and equity for historically marginalized communities.

4. Political Reform

A. Good Governance

- Transparent Institutions: Advocate for transparent, accountable, and inclusive political institutions that serve the interests of the people.

- Anti-Corruption Measures: Implement and enforce anti-corruption laws and policies to ensure fair and just governance.

B. Grassroots Movements

- **Community Organizing:** Support grassroots movements that empower communities to advocate for their rights and interests.

- Participatory Democracy: Promote participatory democratic practices that give people a direct voice in decision-making processes.

5. International Solidarity

A. Global Alliances

- **Solidarity Networks:** Build global networks of solidarity among peoples and movements resisting neocolonialism and promoting decolonization.

- **Supportive Policies:** Advocate for international policies and agreements that support the rights and sovereignty of formerly colonized nations.

B. Human Rights Advocacy

- **Global Campaigns:** Organize global campaigns to raise awareness of and combat human rights abuses related to neocolonialism.

- **International Organizations:** Engage with international organizations like the United Nations to hold states and corporations accountable for colonial and neocolonial practices.

6. Reparative Justice

A. Acknowledgment and Apology

- Official Recognition: Advocate for official recognition and apologies from former colonial powers for historical injustices.

- Public Memorials: Establish public memorials and museums to educate about the impacts of colonialism and honor the memories of those who suffered.

B. Reparations

- Economic Compensation: Push for economic reparations to address the long-term impacts of colonial exploitation.

- Restorative Programs: Develop programs that aim to restore and uplift communities affected by colonialism, such as education scholarships, healthcare initiatives, and infrastructure development.

Conclusion

The strategy to defeat colonialism and its tactics involves a comprehensive approach that addresses education, culture, economy, politics, international solidarity, and reparative justice. By empowering individuals and

communities, promoting accurate and inclusive histories, supporting local economies, advocating for good governance, building global alliances, and pursuing reparative justice, people around the world can work towards overcoming the legacy of colonialism and building a more just and equitable future.

How Can Islam Help to Defeat Colonial Agendas?

Islamic teachings and cultural aspects of Islam can play a significant role in defeating colonial agendas by promoting justice, community solidarity, ethical behavior, and resistance to oppression. Here are some ways in which Islamic principles can contribute to this effort:

1. Justice and Equality

A. Promoting Social Justice

- Quranic Teachings: The Quran emphasizes justice ('adl) and equity. Muslims are encouraged to stand firmly for justice, even if it goes against their own interests (Quran 4:135).

- Prophetic Traditions: The Hadith literature includes numerous examples of the Prophet Muhammad advocating for the rights of the oppressed and marginalized.

B. Anti-Discrimination

- Unity and Brotherhood: Islam teaches the equality of all humans regardless of race, ethnicity, or social status. This can counteract colonial tactics that exploit divisions within societies.

- Eradicating Inequities: Islamic principles can guide efforts to eradicate economic and social inequities introduced or exacerbated by colonial rule.

2. Community Solidarity and Support

A. Strengthening Community Bonds

- Ummah Concept: The concept of the Ummah (global Muslim community) fosters a sense of solidarity and mutual support among Muslims worldwide.

- Zakat and Sadaqah: Obligatory and voluntary almsgiving (zakat and sadaqah) promote the redistribution of wealth and support for the needy, countering the economic disparities created by colonial exploitation.

B. Collective Resistance

- Historical Precedents: Islamic history is rich with examples of collective resistance against oppression,

such as the resistance led by figures like Imam Hussain and Mukhtar-e-Saqafi and in recent era like Imam Khomeini.

- Mobilizing Resources: Community solidarity can help mobilize resources for resistance movements and support for those affected by colonial policies.

3. Ethical Behavior and Governance

A. Moral Integrity

- Honesty and Integrity: Islamic teachings emphasize honesty, integrity, and accountability in all aspects of life, including governance and business.

- Anti-Corruption: Strong moral guidelines against bribery and corruption (Quran 2:188) can help build transparent and accountable institutions.

B. Just Leadership

- Shura (Consultation): Islamic governance principles include shura, or mutual consultation, which can promote participatory decision-making and inclusive governance.

- Protection of Rights: Islamic teachings stress the protection of human rights, including the rights to life, property, and freedom of belief, which can help counter oppressive colonial laws and practices.

4. Education and Knowledge

A. Pursuit of Knowledge

- Value of Knowledge: Islam places a high value on the pursuit of knowledge ('ilm), encouraging Muslims to seek education and understanding in all fields.

- Critical Thinking: Encouraging critical thinking and the questioning of established narratives aligns with Islamic principles and can help decolonize education.

B. Preserving Cultural Heritage

- Reviving Islamic Scholarship: Supporting Islamic scholarship and education can help revive and preserve Islamic intellectual traditions and counter colonial narratives.

- Promoting Indigenous Knowledge: Emphasizing the value of indigenous knowledge systems and cultural practices helps maintain cultural identity and resist cultural imperialism.

5. Economic Empowerment

A. Ethical Economics

- **Prohibition of Exploitation:** Islamic economics prohibits usury (riba) and exploitative practices, promoting fair trade and ethical business practices.

- **Redistribution of Wealth:** Zakat and other forms of charitable giving help redistribute wealth and reduce poverty, countering the economic inequalities fostered by colonialism.

B. Building Self-Reliant Economies

- **Supporting Local Economies:** Encouraging local production and consumption, as well as supporting small businesses, aligns with Islamic principles and helps build self-reliant economies.

- **Investment in Community Welfare:** Islamic finance principles emphasize investment in community welfare and sustainable development, promoting long-term economic stability and growth.

6. Resistance to Oppression

A. Advocacy for Human Rights

- **Principles of Justice:** Islamic teachings provide a strong foundation for advocating for human rights and justice, empowering Muslims to resist oppressive policies and practices.

- Support for the Oppressed: The Quran and Hadith emphasize the duty to support the oppressed and stand against tyranny (Quran 22:39-40).

B. Non-Violent Resistance

- Peaceful Advocacy: Islam promotes peaceful advocacy and resistance. The concept of jihad includes striving for justice through non-violent means.

- Building Alliances: Forming alliances with other marginalized and oppressed groups aligns with Islamic principles and strengthens collective resistance against colonial agendas.

Conclusion

Islamic teachings and cultural aspects of Islam provide a comprehensive framework for promoting justice, solidarity, ethical governance, and economic empowerment. By adhering to these principles, Muslims can effectively counter colonial agendas, support the decolonization process, and build more just and equitable societies. The emphasis on education, community support, and resistance to oppression within Islam can inspire and guide efforts to overcome the lingering effects of colonialism and foster a future rooted in justice and mutual respect.

Healing Trauma: Embracing the Path to Authenticity and Fulfillment

Trauma, regardless of its form or intensity, can leave deep and lasting wounds. These wounds often originate from unmet needs during childhood or profoundly disturbing experiences. The pain from such trauma doesn't simply disappear; instead, it remains buried within us, resurfacing whenever we encounter situations reminiscent of the original distress. This recurrent pain can confine us to a state of survival mode, where we are constantly on guard, defensive, and fearful that the trauma may repeat itself. To truly live a fulfilled and authentic life, it is crucial to address and heal these wounds.

Understanding Trauma and Its Impact:

Trauma is more than just a painful memory; it is a wound that influences our behaviors, emotions, and interactions. When we experience trauma, our responses can become automatic, often driven by fear and anxiety. These reactions might manifest as people-pleasing behaviors, self-doubt, or a perpetual need for validation. Such coping mechanisms, while protective in nature, can limit our growth and potential, keeping us from fully embracing and expressing our true selves.

The Path to Healing Trauma:

Healing from trauma involves several key steps, each of which plays a significant role in reclaiming our authentic selves and living a more fulfilling life:

1. Self-Awareness and Acknowledgment

The first step in healing trauma is to become aware of its presence in our lives. This often involves reflecting on our behaviors and identifying patterns that may be rooted in past pain. For example, recognizing a tendency towards people-pleasing or excessive self-criticism can be an indication of underlying trauma. Therapy can be invaluable in this regard, as a trained professional can help uncover and address these patterns through thoughtful questioning and guidance.

2. Practicing Self-Love

Self-love is a cornerstone of trauma healing. It involves treating ourselves with the same kindness and compassion we would offer a loved one. This can be practiced daily through affirmations, physical gestures of affection (such as hugging yourself), and positive self-talk. Self-love also means being gentle with ourselves when we make mistakes and understanding that we are worthy of love and respect, regardless of our past experiences.

3. Forgiveness

Forgiveness, both of ourselves and those who may have caused us pain, is a crucial aspect of healing. This does not mean condoning or excusing harmful behavior, but rather releasing the grip that resentment and anger hold on us. Unconditional forgiveness helps to lift the burden of past hurts, allowing us to move forward without the weight of lingering bitterness.

4. Facing and Processing Pain

Avoiding or suppressing the pain of trauma can prevent us from truly healing. Instead, it is important to confront the pain head-on. This involves delving into the root causes of our emotional responses, feeling the pain fully, and then consciously letting it go. By facing our trauma, we acknowledge that it does not define us or dictate our future.

5. Therapeutic Support

Professional therapy can be a powerful tool in the healing process. A therapist can provide guidance, support, and strategies for working through trauma. Therapy helps individuals understand their triggers, develop coping mechanisms, and create a path toward healing and growth.

6. Embracing Growth and Change

Healing from trauma is not a static process but an ongoing journey. As we work through our wounds, we may discover new aspects of ourselves and our capabilities. Embracing this growth allows us to live more fully and authentically, free from the constraints of past trauma.

Living Life to the Fullest:

As we heal from trauma, we become more capable of living life to its fullest. We move from a state of survival to one of thriving. When we heal our wounds, we uncover our true selves—confident, authentic, and capable of forming meaningful connections and pursuing our passions without fear.

By addressing our trauma, we enable ourselves to:

- **Form Healthier Relationships:** Free from the distortions of past pain, we can engage with others more genuinely and build relationships based on mutual respect and understanding.

- **Pursue Passions and Goals:** With reduced fear and self-doubt, we can explore our interests and ambitions more freely, leading to a more fulfilling and purposeful life.

- Experience Joy and Contentment: Healing allows us to fully embrace and appreciate the present moment, fostering a deeper sense of joy and contentment.

- Live Authentically: As we shed the layers of past pain and defense mechanisms, we can express our true selves more freely and authentically, leading to a more genuine and satisfying life experience.

In conclusion, healing trauma is a profound journey of self-discovery and growth. By facing our pain, practicing self-love, forgiving ourselves and others, and seeking therapeutic support, we can overcome the limitations imposed by past wounds. In doing so, we open ourselves to a life of authenticity, fulfillment, and joy, fully embracing the potential that lies within us.

Comprehensive Strategies for Healing Trauma

1. Developing Emotional Awareness

- Journaling: Regularly writing about your thoughts and feelings can help process and understand your emotional experiences. This practice can uncover patterns and triggers related to your trauma.

- Mindfulness and Meditation: Techniques such as mindfulness and meditation encourage present-moment awareness and emotional regulation. Mindfulness helps

in observing your thoughts and feelings without judgment, reducing their power over you.

2. Building Resilience

- **Resilience Training:** Engage in activities that strengthen your ability to cope with stress and adversity. This could involve learning problem-solving skills, practicing positive self-talk, and building supportive relationships.

- **Stress Management:** Implement stress-reduction techniques such as deep breathing exercises, progressive muscle relaxation, or yoga (Namaz, Ziaraat, Duas & Munajaat) to manage the physiological impact of trauma.

3. Creating a Support System

- **Support Groups:** Joining a support group where you can share your experiences with others who have similar challenges can provide validation and encouragement.

- **Building Relationships:** Cultivate relationships with supportive friends and family members who can offer understanding, empathy, and a sense of connection.

4. Engaging in Self-Care

- **Healthy Lifestyle Choices:** Prioritize physical health through regular exercise, a balanced diet, and adequate sleep. Physical well-being is closely linked to emotional health.

- **Relaxation Techniques:** Incorporate activities that promote relaxation and enjoyment, such as hobbies, creative outlets, or spending time in nature.

5. Cognitive Restructuring

- **Challenging Negative Beliefs:** Work on identifying and challenging negative or distorted beliefs that stem from trauma. Cognitive-behavioral techniques can help reframe these beliefs into more balanced and positive ones.

- **Affirmations:** Use positive affirmations to counteract self-doubt and reinforce self-worth. Repeating affirmations can gradually shift your mindset towards self-acceptance and confidence.

6. Trauma-Informed Therapy

- **Cognitive Behavioral Therapy (CBT):** CBT helps individuals identify and change unhelpful thought patterns and behaviors associated with trauma.

- **Eye Movement Desensitization and Reprocessing (EMDR):** EMDR is a specialized therapy that helps

process and integrate traumatic memories through guided eye movements.

- **Somatic Experiencing:** This therapy focuses on bodily sensations related to trauma, helping to release and resolve physical tension associated with traumatic experiences.

7. Exploring Expressive Therapies

- **Art Therapy:** Engaging in creative expression through art can provide a non-verbal outlet for processing and expressing complex emotions.

- **Music Therapy:** Music can be therapeutic by allowing you to explore emotions and experiences in a soothing and creative manner.

8. Setting Boundaries

- **Healthy Boundaries:** Learn to establish and maintain healthy boundaries in relationships and situations that may trigger trauma responses. Boundaries help protect your emotional well-being and promote self-respect.

- **Assertiveness Training:** Develop skills to communicate your needs and boundaries effectively and assertively.

9. Practicing Forgiveness and Acceptance

- **Forgiveness Work:** Engage in exercises that promote forgiveness, both for yourself and others. This might involve writing letters, guided meditations, or therapeutic exercises focused on releasing resentment.

- **Acceptance and Commitment Therapy (ACT):** ACT encourages acceptance of difficult emotions and thoughts while committing to actions aligned with your values and goals.

10. Setting and Achieving Goals

- **Goal Setting:** Establish small, achievable goals that contribute to your personal growth and healing. Celebrate each success to build confidence and motivation.

- **Vision Building:** Create a vision for your future that aligns with your values and desires, and take proactive steps towards realizing this vision.

11. Seeking Professional Guidance

- **Finding a Therapist:** Identify a licensed mental health professional who specializes in trauma and has experience with techniques and therapies that resonate with you.

- **Ongoing Support:** Regularly attend therapy sessions and follow through with recommended practices to ensure continuous progress in your healing journey.

12. Embracing Personal Growth

- **Learning and Development:** Engage in educational or self-improvement activities that contribute to your personal growth and understanding. This can foster a sense of purpose and empowerment.

- **Spiritual Practices:** Explore spiritual or philosophical practices that resonate with you, such as prayer, meditation, or community involvement, which can provide comfort and perspective.

By integrating these strategies into your life, you can create a comprehensive approach to healing trauma. Each strategy contributes to a holistic healing process, helping you move from a place of pain and limitation to one of empowerment and fulfillment. The journey towards healing is unique for everyone, and combining these strategies can support a more resilient, authentic, and enriched life.

How to Make Great Decisions

Vital Success Skill:

Your success depends on your decisions. You need to easily and quickly decide what to do for anything and everything. And your decisions must be RIGHT.

Every successful person has mastered this skill. For example, brilliant scientists, successful surgeons, financial geniuses, founders of huge companies, builders of breakthrough tech and awesome group leaders all make fast, correct decisions.
Without the skills to make great decisions, you fail. You build stress, waste time and look like a coward. Because of fear, you either freeze or your decisions are WRONG. For example, you never get rich until your money choices are CORRECT.

Benefits of Mastering Your Decision-Making Skill

1. You stop wasting time and energy. Instead, you get more done in less time.
2. You have more fun, less stress; more pleasure, less pain; more order, less confusion.
3. You make and deserve more money.
4. You earn a reputation as a courageous person who can lead others.
5. Best of all, when you make good decisions, you build your self-confidence.

"SELF-CONFIDENCE is nothing more than belief in one's ability to decide and in one's decisions." — L. Ron Hubbard

So what is the best way to make decisions? Let's dive in.

Seven Steps for Perfect Decisions

Making a decision is like using a funnel. You pour all your of information into the top to reach a decision, and then you act!

1. Pick a decision you need to make.

For example, what career should you pick? Who should you marry? Which skills do you want to master?

Group decisions are also important. What is the best direction for your group? How should you invest your time or money for the group? Which opportunities should you jump on?

2. Next, use your imagination.

Even though you do not yet know what your choice will be, look into the future and see yourself making the right choice. How will you feel after you decide on your best path?

Imagine having the five benefits above to enjoy a confidence boost.

3. To make your decision you need to things: a purpose and information.

"Given* information and the purpose, anybody can make a decision." — L. Ron Hubbard (*Definition of "Given" = obtained or assumed.)

In other words, as long as you have the information you need, and you have a purpose in mind, you will make a great decision.

Let's start with your purpose.

4. Pick your purpose.

What are your reasons behind this decision. What do you want to accomplish?

For example, you want to decide if you want to be a computer programmer or a school teacher. In both cases, you want to make money and do good things. This is your purpose.

If you are not sure about your purpose, do the next step then come back and your purpose should be obvious.

5. Gather Information

What do you need to know to make your best choice? Below are fifteen questions to answer. As you gather

information about your options, one will stand out as the best. You'll know it when you see it.

1. Which choice makes you happiest? What will give you the most pride, joy and satisfaction? What excites you?
2. What facts about your options are available from an AI chatbot? These amazing artificial intelligence apps can give you more specific answers to any question than has ever been available to anyone in history. They are all free. Check out Open AI's ChatGPT, Microsoft's Copilot, Google's Gemini or Meta's AI Llama.
3. What are the statistics for each choice? Which choice is most successful right now? Which one has been getting the best results lately?
4. What about the exchange? Time, energy and money? What will each choice cost you? What will each choice give back to you?
5. What are the sequences? What happens after you make your decision? What will you then do?
6. What short- and long-term results can you expect?
7. Which of your choices are the most ethical? What choice will you be most proud of?
8. What is the probability of success for each option? What has done best recently?

9. Check your resources. Do you have the time, money, people and energy you will need for each choice?

10. What are the end results? If everything went smoothly, how would each choice turn out? What would the results be? How would it change things in a year or two?

11. What do others want you to do and why? As your choice probably affects other people, you want to know what choice they want you to make. More importantly, why they want you to make it.

12. What are the potential gains and benefits? If everything went well with each choice, what would happen?

13. What are the potential losses and liabilities? What could go wrong with each choice? How might you protect yourself?

14. What are all the barriers and difficulties for each choice? What might get in your way for each?

15. What are the freedoms and possibilities for each choice? What extraordinary results might you create?

6. Review your purpose and your information.

The correct choice will be obvious to you. If not, review your purpose and gather more information until you see what you should do.

7. Act!
Move forward with your decision. Take the first step, even if it is a baby step.
The worst thing you can do is to do nothing. Do not sit on your hands. Get up and go for it!

Example #1: Pat's Car Decisions

Pat walked around the car dealership while trying to decide between a new blue Honda Civic and a used red Chevrolet Bolt EV (electric vehicle).
Pat pulled out her phone, opened this article and followed the steps to help her make the decision.
Imagination: Pat closed her eyes and imagined driving away from the car lot in the best car for her. She sees herself smiling for joy! She feels a boost and is excited to make a decision.
Purpose: Buy an affordable car, with as little maintenance time or cost, for driving to work and around town.
Information:
1. Neither car makes her happier than the other. She likes both colors.
2. Her AI chatbot gives her a ton of information about reliability, maintenance costs, safety and more.
3. Statistically, the Bolt is the better car. It will cost her less to buy and lower maintenance costs over the next few years. The battery may or may not need to be replaced within five years.
4. Financially, they are about the same price to purchase and she has enough savings to buy either one.
5. Considering the long-term success, she likes how the

Bolt is better for the environment and lower maintenance costs. She is not worried about the battery.
Pat reviews her purpose and the information. The Chevy Bolt fits her purpose best.
She walks up to the salesman, with total confidence, and says, "If you lower the Bolt's price by $1000 I'll buy it right now." He smiles and says, "Wow! You're a lot more decisive than most people. OK, let me ask."
One minute later he comes back and says, "You've got a deal!"
An hour later, Pat drives away from the dealership, smiling for joy.

Example #2: Maria's Marriage Decision

Maria could not decide if she should accept George's proposal to get married.
George had been her boyfriend for three years. She was surprised when he proposed to her the previous night. While she loved him, she had doubts and uncertainties. She needed confidence in this decision as it would be one of the most important she would ever make.
Maria used her imagination (Step #2) and enjoyed the relief she will feel once she makes a great decision. She relaxed and smiled.
Next, she picked her purpose: **Be happily married and create a wonderful family with at least two kids.**
She reviewed the 15 questions and wrote down 10 pieces of information.
1. George is kind, dependable, and makes me laugh.
2. He has a demanding job that takes up much of his

time.
3. He makes a lot of money and enjoys sharing it with me.
4. I want to live in my home town near my parents, but he wants to stay 100 miles away from there.
5. We always have fun together.
6. We both want a couple of kids.
7. My parents think I should marry him, especially my mom.
8. The worst thing that could happen is we argue all the time, but we usually agree on everything, except where we live.
9. The best thing that might happen is we enjoy our lives together and stay in love.
10. I worry I will make another bad relationship like I had with Jimmy five years ago. He broke my heart and I'll never forgive him.
Maria realizes her regret with Jimmy needs to be handled. She takes a few days to take responsibility for her time with him. She stops blaming Jimmy and herself.
She looks at her purpose and information again. NOW she feels positive about this opportunity with George. She is excited!
Maria and George talk for an entire day. She asks him more questions. She tells him about her purpose and thoughts.
She tells him about Jimmy and how she stopped blaming him by accepting full responsibility.
They talk about where they will live and agree to stay in George's house, but visit Maria's home town at least once each month.

They discuss goals for their marriage and find they love each other more than ever before.
Maria accepts George's proposal.

Example #3: Robert Needs a Better Source of Income

Robert is swamped by his bills and hates his job.
As a telephone tech support representative, he is constantly attacked by unhappy customers. Their computers are old and worthless, but they pay for support help anyway. His boss tells him to pretend to listen to their issues or "accidentally" hang up on them.
The pay is horrible and Robert sees no future here.
He needs a new source of income that is more enjoyable. He goes through the steps in this article to decide on a new path for himself.
#1 Decision: Robert can either:
1. Try to get rid of his boss and steal his job.
2. Find a job he likes.
3. Get a better education.
#2 Imagination: Robert imagines having a path to wealth and the confidence to make it go right.
#4 Purpose: Find an enjoyable way to make five times as much money within two years.
#5 Information: Robert writes down his dozens of answers to the questions. For example:
1. Ethics: He immediately eliminates the first option as he does not want to live his life as a criminal by ruining his boss and lying to people. This leaves two choices.
2. Happiness: Finding a better job and getting a better education will make him happy.
3. Google's Gemini AI Chatbot gives him several good

ideas of how to find a better job. He looks at job openings and finds a dozen he might like. He asks Gemini about getting a better education, but the answers are silly.
4. Statistics: He sees high-tech jobs are paying the most, especially if you know how to add AI to existing companies computer systems.
5. Exchange: He is excited to see several online training courses for AI. The cost is only $29 per month.
While answering several the questions a lightbulb goes off in Robert's head. He has a plan that fits his purpose.
Plan: He will keep his job for two more weeks while spending 10 hours per day learning how to use AI.
Act: The training is easier than he expected. He applies for three jobs and gets one interview. They offer him a job that pays twice as much as his rotten job. Best of all, he likes the company and his future potential there.
He accepts!

Tip #1: Decision Freeze

If you cannot make up your mind, take a break. Decide to not decide, for now.
Focus on present time. Hold the room corners and stop thinking about it.
If you stop thinking and keep all of your attention in present time, the right decision will come to you.
Learn more by going to the Present-Time Focus article category.

Tip #2: Courage

If you are afraid of what might happen in the future, you cannot make great decisions.
As you master this important skill, you will reduce your fear and boost your courage.
Learn more by reading "Inaction and Indecision."

Tip #3: Regret

If you have made bad choices in the past, you may be afraid to make decisions in the present. Your self-confidence is low.
In this case, forgive yourself. You made the best choice you could, at the time.
If you take responsibility for your past decisions and they will no longer hurt you. Learn more.
From now on, use your purpose and gather plenty of information before you make your decisions.

Tip #4: Future Responses

You cannot anticipate everything that might happen. You cannot plan your future reactions and responses in advance.
If you find yourself thinking about future events too much, the stress can kill you.
"What will I do if this happens?"
"What if she says that?"
"What if he doesn't show up?"
What if? What if? What if?
To resolve this, decide to make your decision in the moment. Not now, but at that time.

You will find your tiny decisions are pretty good decisions, and you can stop worrying about the future. It will take care of itself.

Unseen Phenomenas and Successful Life

How faith in the unseen world and God, makes a person successful in life?

The unseen refers to aspects of reality that cannot be directly observed or measured through physical senses or empirical methods. It encompasses metaphysical concepts, spiritual dimensions, and future events that exist beyond the scope of immediate perception and scientific analysis. Faith in the unseen involves accepting and trusting in these intangible realities as part of a larger, meaningful framework.

The Qur'an motivates for a successful life by providing comprehensive guidance on various aspects of personal and social conduct. It highlights that true faith involves belief in Allah, the Last Day, the Angels, the Book, and the Prophets. Faith in the unseen is foundational to a complete and sincere faith, as explained in Surah Al-Baqarah (2:177). This belief is crucial in maintaining hope and resilience during difficult times. Surah Al-Hashr (59:23-24) describes Allah as "The Knower of the unseen," encouraging believers to trust in His wisdom and plan.

Additionally, the Qur'an promotes a mindful approach to life, urging believers to act righteously and avoid sin, with the understanding that their actions are observed and will be judged, as noted in Surah Al-Mulk (67:15). This emphasis on ethical behavior and mindfulness contributes to leading a successful life.

According to the Hadiths of the Infallible Imams, faith in the unseen plays a significant role in developing a strong and resilient character. Imam Ali (a.s.) emphasized that belief in divine justice and the afterlife provides a moral framework that guides behavior and helps one endure trials with patience. Imam Jafar al-Sadiq (a.s.) highlighted that faith in the unseen enhances spiritual awareness and connection to Allah, allowing individuals to remain focused on their spiritual goals despite worldly challenges.

Imam Hussain (a.s.) underscored that true faith brings inner peace and confidence. Believing in the unseen helps believers overcome fears and anxieties about the future, as they trust in Allah's ultimate plan and justice. Imam Zain al-Abidin (a.s.) stressed that faith in the unseen leads to ethical behavior, motivating individuals to act with integrity, compassion, and justice, both personally and socially.

Finally, Imam Muhammad al-Baqir (a.s.) taught that faith in the unseen encourages deep reflection and spiritual growth. Belief in aspects beyond immediate perception fosters a sense of purpose and commitment to spiritual

development. These teachings illustrate that faith in the unseen is not merely a theological concept but a practical guide for living a successful and meaningful life. It reinforces trust in divine wisdom, promotes ethical behavior, and provides inner strength, contributing to personal fulfillment and a balanced, righteous life.

Faith in the unseen is essential because not everything in life can be empirically measured or calculated. Human knowledge is inherently limited by our senses and cognitive capabilities, meaning that there are aspects of reality beyond our direct observation and measurement. For example, concepts such as love, consciousness, and the subtleties of human emotions and intentions cannot be fully quantified or explained through scientific methods alone. Embracing faith in the unseen allows us to acknowledge and engage with these dimensions of existence that lie beyond empirical scrutiny.

Moreover, many elements of existence, including metaphysical realities and spiritual dimensions, cannot be observed or measured directly. Faith in the unseen involves accepting and trusting in the significance of these aspects, despite their elusiveness to physical observation. Believing in a higher power or divine wisdom requires faith in the unseen, as it acknowledges that divine knowledge and purposes encompass all realities, including those beyond human understanding. This faith provides guidance and reassurance that there is a greater purpose and order to life.

Life is often filled with uncertainties and situations that cannot be predicted or controlled. Faith in the unseen helps individuals navigate these uncertainties by offering a framework for dealing with challenges. It provides comfort and trust in a higher power or a greater plan, helping people make sense of events that cannot be explained by logic alone. This faith fosters hope and resilience, assuring individuals that there is meaning and justice beyond their immediate experiences. It helps maintain optimism and perseverance in the face of difficulties, knowing that struggles are part of a larger, divine plan.

While empirical evidence and rational understanding are important, they are complemented by faith in the unseen. This holistic approach recognizes that human experience and knowledge encompass both observable phenomena and intangible realities. Faith in the unseen addresses the limitations of empirical evidence, providing a more comprehensive and nuanced understanding of life. It helps individuals navigate life's complexities, accept uncertainties, and find meaning and purpose in aspects of existence that cannot be fully explained by science alone.

The Qur'an motivates for a successful life by offering comprehensive guidance on various aspects of personal and social conduct. It emphasizes the importance of moral and ethical behavior, encouraging honesty, integrity, compassion, and justice. For instance, Surah An-Nisa (4:58) highlights the need for fairness and the

fulfillment of trusts and agreements, while Surah Al-Ma'idah (5:2) warns against harmful behaviors like lying and cheating.

The Qur'an also promotes personal development by urging self-reflection and improvement. Surah Ash-Shams (91:7-10) speaks to the significance of purifying the soul and the consequences of neglecting this responsibility. It values knowledge and learning, encouraging believers to seek knowledge for their benefit and that of the community, as highlighted in Surah Al-Mujadila (58:11), which elevates those who believe and are knowledgeable.

Faith and resilience are strengthened through the Qur'an's teachings. Belief in Allah's wisdom and plan provides comfort and endurance during trials. Surah Al-Baqarah (2:286) assures that Allah does not place a burden on anyone beyond their capacity. Additionally, the Qur'an emphasizes patience and perseverance, promising guidance to those who strive in Allah's way, as mentioned in Surah Al-Ankabut (29:69).

The Qur'an also encourages positive relationships, stressing the importance of maintaining strong family bonds and contributing positively to the community. Surah An-Nisa (4:32) advocates for treating others with kindness and respect. Charitable acts and helping those in need are also promoted as key to a successful life, with Surah Al-Baqarah (2:261) likening charity to a grain that grows into many grains.

Furthermore, the Qur'an offers assurance of reward and accountability. It promises rewards for those who lead righteous lives and fulfill their duties to Allah, as indicated in Surah Al-Imran (3:200). It also emphasizes accountability for one's actions in the hereafter, motivating believers to act justly and ethically, with Surah Az-Zalzalah (99:7-8) describing how everyone will be shown their deeds on the Day of Judgment.

Lastly, the Qur'an includes inspirational stories and examples from the lives of prophets and past nations. The stories of Prophet Ibrahim (a.s.), Prophet Yusuf (a.s.), and others serve as models of perseverance, faith, and success. These narratives offer lessons on following divine guidance and avoiding the mistakes that led to the downfall of previous nations, as reflected in Surah Al-A'raf (7:96). Through these teachings, the Qur'an provides a roadmap for leading a successful and fulfilling life in this world and the hereafter.

Faith in the unseen can alleviate anxiety, stress, and depression by offering individuals a sense of purpose, hope, and trust in a greater plan beyond their immediate difficulties. This belief provides a framework for understanding struggles, giving meaning to life's challenges, and reducing feelings of helplessness. By fostering resilience, faith encourages people to trust that their trials have a purpose and that their efforts will ultimately be rewarded, which can strengthen their coping mechanisms and alleviate stress.

Emotionally, faith offers comfort and support through the belief in a benevolent higher power or divine wisdom, acting as a buffer against stress and promoting emotional stability. The optimism and hope associated with faith can enhance one's overall outlook and help manage negative emotions more effectively.

Scientifically, research indicates that spiritual practices and religious beliefs can lower stress levels and improve mental health, with activities such as prayer and meditation linked to reduced cortisol levels, a hormone associated with stress. Faith also facilitates cognitive reappraisal, allowing individuals to reinterpret stressful situations in a more positive light, which can lessen emotional reactions. Furthermore, faith-based communities provide strong social support networks, reducing feelings of isolation and depression. The process of finding meaning in life's challenges, often facilitated by faith, helps integrate experiences and improve psychological resilience. In essence, faith in the unseen supports mental well-being by providing a deeper understanding of life's struggles, enhancing emotional stability, and fostering a positive outlook.

How To Think Within A System

1. Understand the System's Structure

Explanation: Begin by gaining a comprehensive understanding of the system you are dealing with. This involves identifying all the key components, their functions, and how they interact with one another. Systems can be complex and may include various elements such as processes, people, technology, and information. Understanding the structure involves mapping out these components and recognizing their interdependencies.

Practical Steps:

- Create a System Map: Draw diagrams or flowcharts to visualize the components and their relationships.

- Identify Boundaries: Determine what is included within the system and what lies outside its boundaries.

- Understand Inputs and Outputs: Recognize what inputs are fed into the system and what outputs are produced.

2. Define Goals and Objectives

Explanation: Clearly articulate what you want to achieve within the system. Goals and objectives provide direction and purpose. They help in aligning efforts and resources towards achieving specific outcomes. Defining goals ensures that your efforts are focused and measurable.

Practical Steps:

- Set SMART Goals: Ensure your goals are Specific, Measurable, Achievable, Relevant, and Time-bound.

- Establish Priorities: Determine which goals are most important and should be addressed first.

- Communicate Objectives: Ensure that all stakeholders understand and agree on the objectives.

3. Map Out Interconnections

Explanation: Visualize and analyze the relationships between different components of the system. Understanding how changes in one part of the system can affect other parts is crucial for effective decision-making. Interconnections can include flows of information, resources, or feedback.

Practical Steps:

- Use Visual Tools: Employ tools like system diagrams, cause-and-effect diagrams, or mind maps.

- Identify Key Relationships: Focus on critical interactions that influence the system's performance.

- Analyze Dependencies: Understand how different components rely on each other.

4. Analyze Feedback Loops

Explanation: Feedback loops are mechanisms through which outputs of the system are fed back as inputs, influencing future behavior. They can be positive (amplifying changes) or negative (damping changes). Analyzing feedback loops helps in understanding how adjustments or changes will impact the system over time.

Practical Steps:

- Identify Feedback Mechanisms: Recognize where and how feedback occurs in the system.

- Evaluate Impact: Assess how feedback influences system behavior and stability.

- Adjust Strategies: Use insights from feedback analysis to refine strategies and interventions.

5. Evaluate Inputs and Outputs

Explanation: Assess the resources, data, and other inputs that are used in the system and the results or outputs that are produced. Ensuring that inputs are appropriate and outputs align with goals helps in maintaining system efficiency and effectiveness.

Practical Steps:

- Review Input Quality: Ensure inputs are accurate, timely, and relevant.

- Measure Outputs: Track and evaluate the results produced by the system.

- Align with Goals: Ensure that outputs meet the objectives and contribute to overall goals.

6. Consider System Dynamics

Explanation: Systems are often dynamic, meaning they can change and evolve over time. Recognizing trends, patterns, and potential disruptions helps in anticipating how the system might behave and in preparing for future changes.

Practical Steps:

- Monitor Trends: Keep track of changes and emerging patterns within the system.

- Identify Potential Disruptions: Be aware of factors that could cause significant changes or challenges.

- Plan for Adaptation: Develop strategies to adapt to dynamic conditions and ensure system resilience.

7. Develop and Test Solutions

Explanation: Formulate potential solutions or interventions based on your understanding of the system. Testing these solutions in a controlled manner helps in evaluating their effectiveness before full-scale implementation.

Practical Steps:

- Develop Prototypes: Create and test small-scale versions of solutions or interventions.

- Conduct Pilot Tests: Implement solutions on a trial basis to assess their impact.

- Evaluate Results: Analyze the outcomes of the tests and refine solutions as needed.

8. Monitor and Adjust

Explanation: Continuously track the performance and outcomes of the system. Monitoring helps in identifying issues early and making necessary adjustments to maintain effectiveness and efficiency.

Practical Steps:

- Set Up Monitoring Systems: Use tools and metrics to track system performance.

- Collect Feedback: Gather input from stakeholders and users about the system's functioning.

- Make Adjustments: Implement changes based on monitoring data and feedback.

9. Reflect and Learn

Explanation: After implementing changes, reflect on the process and outcomes to learn from the experience.

Evaluating what worked well and what didn't helps in improving your approach to thinking within the system.

Practical Steps:

- Conduct Reviews: Regularly review and analyze the results and processes.

- Document Lessons Learned: Record insights and lessons from the experience.

- Apply Learning: Use the knowledge gained to enhance future problem-solving and decision-making.

By applying these detailed steps, you can develop a systematic approach to thinking that enhances problem-solving, decision-making, and overall effectiveness within complex systems.

About the Book: "Life Skills" is a unique volume delving into essential life principles and wisdom sourced from various outlets, including Quora Digest, "Tips for Success," and contributions from Noctis Enoch. Enriched by the guidance of ChatGPT, this compilation draws inspiration from Shia Islam, offering universal insights transcending cultural and religious boundaries. With an open invitation to readers from all backgrounds, "Life Skills" aims to empower individuals with timeless wisdom for a more fulfilling and purposeful life. Please note that the book has been curated with sensitivity, ensuring alignment with Islamic teachings and addressing any potential concerns.



About Author: S. Jahanzaib Abidi is a distinguished author known for his extensive collection of articles covering a wide range of subjects, including philosophy, religion, education, politics, economics, media, and society. His prolific writings showcase a deep understanding and insightful analysis across diverse topics, making him a notable figure in the realm of article series.

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